DISC JOCKEY: Ride the right workout DVD to a better body in 2008 | **Inside**



A PUBLICATION OF The Washington Post | LIVE ALL DAY AT WWW.READEXPRESS.COM | JANUARY 15, 2008 | >> FREE <<

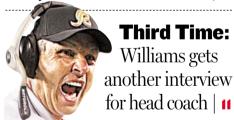
Tuesday



An Afghan policeman stands guard on Monday.

Kabul Assault: Explosion, gunfire at luxury hotel kill 6 | **7**

ID Check: MySpace adopts safety measures for children | 4







Republicans Stump for Mich. Vote

GEARED UP: Republican presidential hopeful former Mike Huckabee, an ex-Arkansas governor, tours a General Motors plant at a campaign stop in Ypsilanti, Michigan on Monday. Polls showed former Massachusetts governor Mitt Romney in a tight race with Sen. John McCain with one day to go before Tuesday's primary in Michigan. • Job talk: Hopefuls vow to revive auto industry | Page 3

D.C. Fires 6 in Kids' Slayings

Fenty says dismissed social workers 'didn't do their job'

Mayor Adrian M. Fenty fired six child welfare workers Sunday night, saying they "just didn't do their job" to help four girls who had not been seen for months before their decomposing bodies were found in their home last week after their mother calmly.

after their mother calmly answered the door.

The dismissals were delivered at the homes of two social workers, two managers and two phone operators who work at the Child and Family Services Agency, union officials said.



Fenty

Fenty said at least two others may be let go.

Fenty's swift reaction marked the first time the mayor, who pledged to create a more responsive, accountable government, has used mass firings to emphasize to city employees and the public that he is serious. The case of the four girls, ages 5, 6, 11 and 16, already is spurring policy changes in the long-troubled city agency responsible for the welfare of abused and neglected children.

The bodies were discovered when U.S. marshals came to serve an eviction notice to the girls' mother, Banita Jacks, who had been living with the children's corpses in the house on Sixth Street SE. Jacks is under arrest in the deaths of her children. The girls were killed sometime in late spring or summer, authorities believe. But they were still alive when an alarmed school social worker tried to get welfare workers to look in on the family. Petula dugram and dayld dayld nakamura (The Washington Post)



SHOULD MYSPACE BE RESPONSIBLE FOR PROTECTING CHILDREN FROM ONLINE PREDATORS? OYES 10 NO



42 | 28



WEDNESDAY



41|34



REAL ESTATE

Hospital Laments Whole 'Do No Harm' Thing

Rena Wilkey, 73, of Springfield, III., has plenty of parking around her home. Now that her neighbors have sold their properties to Memorial Medical Center, her one-story house is ringed on three sides by parking lots. A hospital rep calls every year to ask whether she'll sell; she says no. "I'm comfortable here. And I don't care about the money. Money don't buy happiness." Wilkey said the lots are well-lit and that the hospital even clears the snow from her sidewalks. (AP)



Lawyer Applies Same Logic That Allows Nudist Colonies

A Doylestown, Pa., man who wrote a vulgar message on a check he used to pay a \$5 parking ticket has apologized in writing, leading police to drop a dis-

orderly conduct charge. The lawyer for David Binner, 45, said his client would have prevailed if he went to trial. "The F-word isn't what it used to be," attorney Keith Williams said. It doesn't have a sexual connotation anymore and so can't be considered obscene, he said. He said Binner felt bad and will pay the parking fine and court costs. (AP)



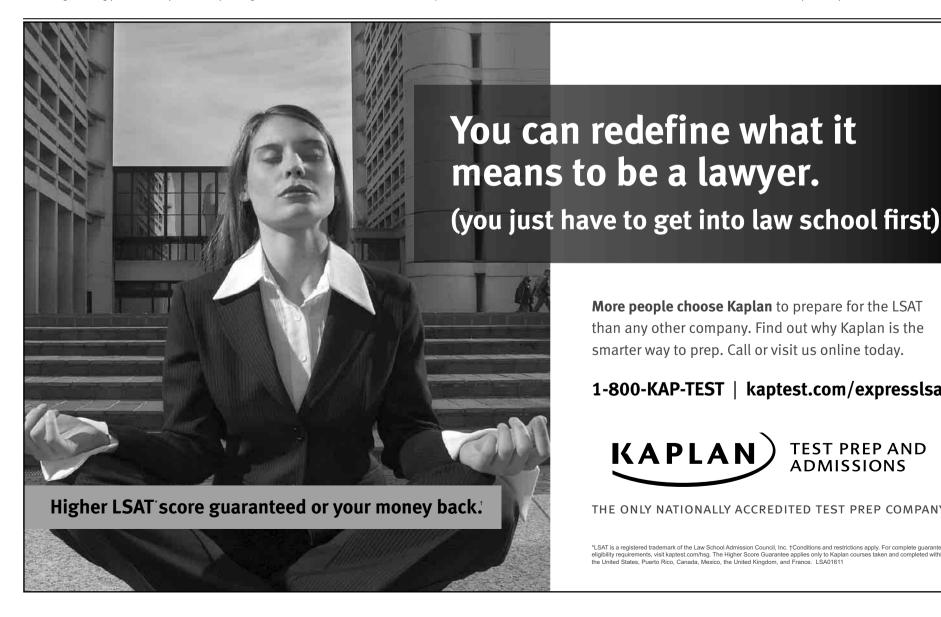
Blue Crush

The Smurfs kicked off a year of 50th birthday celebrations in Brussels, on Monday with Smurfberry cake and sarsaparilla juice. The late cartoonist Pierre Culliford — best known as "Peyo" — introduced the blue beings in October 1958. Anniversary organizers are planning everything from a 3-D animation feature film to new comic-hook collections and a remastered release of the popular 1980s television animated series. Pevo's family said. (AP)



Neutral States Need More to Worry About

Cervelat sausage, a much-loved Swiss specialty, could be off the menu by the end of the year because of a lack of key ingredients. A joint task force made up of scientists, bureaucrats and meatindustry reps has been convened to tackle the crisis caused by a shortage of Brazilian cow intestines. Producers were hoping to profit from the hunger of soccer fans expected at the final round of the 2008 European championships. (AP)



More people choose Kaplan to prepare for the LSAT than any other company. Find out why Kaplan is the smarter way to prep. Call or visit us online today.

1-800-KAP-TEST | kaptest.com/expresslsat



THE ONLY NATIONALLY ACCREDITED TEST PREP COMPANY



BACK FOR MORE: A Nevada judge said Monday that Democratic presidential candidate Dennis Kucinich must be included in Tuesday's candidates debate in Nevada. The judge said he would issue an injunction stopping the MSNBC debate if Kucinich is excluded.

Nation



DAILY DIARY | WASHINGTONPOST.COM



FLORIDA

Warm Feelings for Rudy

Sixty-eight degrees, nothing but sunshine, the palm trees waving like old friends. This is presidential campaigning with the top down. The room at the Shell Point retirement community in Fort Myers, Fla., is full. A quick sampling of opinion finds this to be friendly territory for Giuliani. "I think the media is disgraceful, the way they say [Giuliani is] finished, he's done," says Paul Kascsak. JOEL ACHENBACH

TEENAGERS

And School Is 'Jeopardy!'

Mitt Romney invoked "Let's Make a Deal" Monday to urge a group of teenagers in Grand Blanc, Mich., to stay in school and avoid having children before marriage. He told the crowd that they had an advantage over the game show's contestants when making life decisions because "you get to make the trade, but you know what's behind the curtain. You're not blind." JULIET EILPERIN

washingtonpost.com

For extended analysis and up-to-the minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

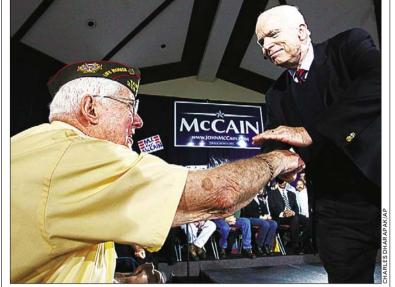
Romney, McCain Talk Jobs in Mich.

Candidates promise economic help in final pitch before primary

PRIMARY | Republican rivals Mitt Romney and Sen. John McCain both promised to revive recession-ravaged Michigan and the auto industry Monday as they campaigned in a presidential primary neither can afford to lose.

"I will not rest until Michigan is back," said Romney, a vote native son who jabbed at his rival for saying many jobs among the thousands lost will never return.

"We will create new jobs," insisted McCain, who also favors improvements in federal programs for laid-off workers. "We have the innovation, the talent, the knowledge and the ability ... to regain Michigan's position as the best in



Republican presidential hopeful Sen. John McCain shakes hands with WWII veteran Nelson Koeman during a campaign event at Hope College in Holland, Mich.

the world."

Polls showed McCain and Romney in a close race in Michigan, with former Arkansas governor Mike

Huckabee running third.

Of the three, Romney is most in need of a victory as he looks to restore at least some of the luster lost with defeats in the Iowa caucuses and New Hampshire primary. Several associates have suggested he may quit the race unless he prevails.

McCain won the state's primary eight years ago on the strength of independent voters and hopes for a reprise on Tuesday. He has regained the lead in the national polls that he enjoyed months ago.

Romney went before the Detroit Economic Club for a speech meant to appeal to laid-off workers and to voters who recall his father's tenure as governor a generation ago.

"I've got Michigan in my DNA. I've got it in my heart, and I've got cars in my bloodstream," he said.

In remarks that could apply to President Bush and the Republicans who controlled Congress for a decade, he said, "Washington politicians look at Michigan and see a rust belt. But the real rust is in Washington." DAVID ESPO (AP)

Yale Expands Financial Aid Program

Elite university joins growing movement to cut tuition costs

NEW HAVEN, CONN. | Yale University said Monday it is joining an expanding group of elite colleges under pressure from parents, lawmakers, students and alumni to make top schools more affordable to middle-class and

GIVING TREND

→ In making the announcement, Yale joins a group of elite schools in boosting financial aid. Harvard University — Yale's main rival — announced last month that it will provide an additional \$20 million in financial aid to its students starting this fall.

upper middle-class families.

The Ivy League school announced what it called the largest increase in financial aid spending in its history, boosting contributions from its endowment by more than \$24 million to more than \$80 million annually starting this fall.

The move will reduce the average cost by more than half for fami-

lies with financial need, Yale officials said.

About 43 percent of Yale's 5,300 undergraduates qualify for financial aid, said spokesman Tom Conroy. Yale's tuition is about \$45,000 per year

"Yale should be a college of choice for the very best and brightest students from across America and around the world, regardless of financial circumstances," Yale President Richard Levin said.

JOHN CHRISTOFFERSEN (AP)



Winter is here

Does your home have sick house syndrome? Dust mites, molds and even holiday foods can cause allergies. Flu-like symptoms, sinus infections even fatigue may be the result. Our Physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those "painful" scratch tests.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829 MyAllergyCare.com

We participate with most health-plans



Nation



TRUE BELIEVERS: In the farming community of Stephenville, Texas, several dozen people — including a pilot, county constable and business owners — insist they have seen a large silent object that looks like a UFO with bright lights flying low and fast over the town.

MySpace to Boost Child Protections

Networking site hopes new policies will fight misuse by predators

NEW YORK | Under mounting pressure from law enforcement and parents, MySpace agreed Monday to take steps to protect youngsters from online sexual predators and bullies, including searching for ways to better verify users' ages.

The hugely popular online hangout will create a task force of industry professionals to watch over its operations, and other social-networking sites will be invited to participate.

"We must keep telling children that they're not just typing into a computer. They're sharing themselves with the world," said North Carolina Attorney General Roy Cooper.

The deal comes as sites such as MySpace and Facebook have grown exponentially in recent years, with teenagers making up a large part of their membership. This has cre-



Hemanshu Nigam, chief security officer for MySpace, discusses new safety measures to combat sexual predators at a news conference on Monday in New York.

ated a new venue for sexual predators who lie about their age to lure young victims, and for cyber bullies who send threatening and anonymous messages.

But Monday's announcement

was short on specifics about how improvements would be carried out. Skeptics are doubtful that MySpace and similar sites can eliminate the problem, because age-verification technology is difficult to implement

SITE CHANGES

Among other measures, MySpace has agreed to:

- → Allow parents to submit children's e-mail addresses to
 MySpace to prevent anyone from
 misusing the addresses to set up
 profiles.
- → Make the default setting "private" for 16- and 17-year-old users.
- → Create a high school section for users of the site who are under 18 years of age.
- → Strengthen software to find underage users.

and predators are good at circumventing restrictions.

Parry Aftab, executive director of Wiredsafety.org, a children's Internet safety group, said the agreement was a good first step but could have unforeseen consequences.

"There's no system that will work for age verification without putting kids at risk," she said.
CLARE TRAPASSO (AP)

In Brief

HELENA, MONT.

Rescuers Search Remnants Of Avalanche for Victims

Rescuers searched Monday through the remnants of a deadly avalanche, unsure whether more backcountry skiers were caught up in the slide in northwestern Montana. Sunday's avalanche tore down trees and left snow 20 to 25 feet deep. Two skiers were killed, and rescuers pursued reports that two others might have been caught. But by midday Monday, no one else had been reported missing. (AP)

NEW YORK

Accident at Trump Building Kills Construction Worker

A crane accident at a Donald Trump hotel-condominium tower being built in Manhattan's trendy SoHo neighborhood sent a worker plummeting 40 stories to his death Monday, authorities said. The worker died about 2 p.m. at the Trump SoHo complex, police said. Three other people were taken to a hospital, fire officials said. (AP)





Visit your nearest
Washington DC Area
Così location.



Valid on any sandwich, salad or piz 1 coupon per visit. Not valid with a offers. Not valid at airport locat reproduction and not redeemable © 2008 Cosi, Inc. Offer expires CODE: DCEX

SHARE THE COSÌ WARMTH

\$2 off for a frience

Valid on any sandwich, salad or pizza. Li Coupon per visit. Not valid with any of offers. Not valid at airport locations. reproduction and not redeemable for ca © 2008 Cosi, Inc. Offer expires 2/15/ CODE: DCEX

For locations and catering information, visit www.getcosi.com

ATTENTION DIABETES PATIENTS!!

A market research company in Bethesda is seeking men and women age 30-75 who have been diagnosed with Type 2 (adult onset) Diabetes and are currently taking Byetta injectable medication, to participate in a marketing research study. This study is being done for research purposes only; it is not a clinical trial and we are not selling anything. If you qualify, you will be invited to participate in a 60 minute interview at our office, and will be paid for your time and opinions at the end of the interview.

Please call Rachel at 301-215-7248 for more information.

Shugoll Research, Bethesda, MD



The reward, in thousands of dollars, being offered in North Carolina for information on the whereabouts of Marine Cpl. Cesar Armando, who is accused of killing a female Marine.

Nation

La. Governor Takes Office

Jindal promises break with state's history of corruption in politics

BATON ROUGE, LA. | Pledging to make a "clean break with the past" and root out corruption, Republican Bobby Jindal tried to separate himself from politics as usual as he was sworn in as Louisiana's governor Monday.

Jindal, the nation's first elected Indian-American chief executive and the state's first non-white governor since Reconstruction, thanked past governors for their service — but said it was time to rid the state of its reputation for corrupt government.

"We have the opportunity — born of tragedy but embraced still the same — to make right decades of failure in government," Jindal said.

"In our past, too many politicians looked out for themselves. Too many arms of state and local government did not get results. And the world



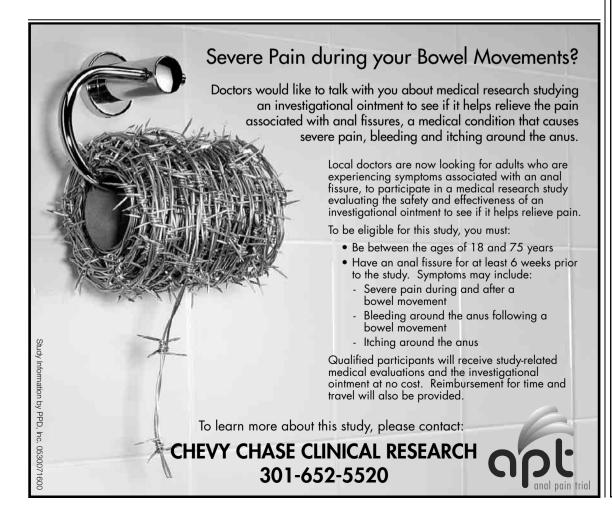
Louisiana Gov. Bobby Jindal waves as he delivers his inaugural speech after taking the oath of office on Monday on the steps of the Louisiana State Capitol.

took note," he said.

Jindal's election puts a new public face on Louisiana politics, often stereotyped as a haven for backslapping good ol' boys who hold office for decades. The son of Indian immigrants, Jindal, 36, is the nation's youngest sitting governor,

and many of his top administrators are new to the Louisiana Capitol.

He takes over from Democrat Kathleen Blanco, who had defeated him four years earlier but whose image was battered by the state's response to Hurricanes Katrina and Rita (AR)



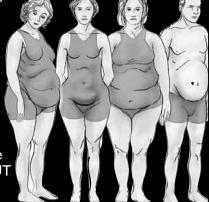
FREE SEMINAR

Got Belly Fat?

Before you turn this page and forget about it—call us to secure your seat at the next free seminar!

Learn HOW to burn stomach fat, not merely a few temporary water weight pounds.

- Learn WHY many people EXERCISE with ZERO results.
- Learn WHAT is really behind a resistant metabolism.
- ONLY 2% of overweight people are successful—FIND OUT WHY!



Call Now: 703-354-7336

Disclaimer: The information provided at the workshop is not designed to diagnose or treat any medical condition. It is purely educational and is based on the book, The 7 Principles of Fat Burning.

Speaker: Eric Berg, DC DrBergWorkshop.com

GW GRADUATE SCHOOL OF POLITICAL MANAGEMENT

New Year's Resolution: Get a GW Master's Degree in

STRATEGIC PUBLIC RELATIONS

Advance your career with a master's degree or graduate certificate in Strategic Public Relations from The George Washington University.

Capture public attention, shape key public policy debates, and earn the public trust as a PR professional trained by leaders in public relations and politics. Monday through Thursday evening classes fit your busy schedule.

Develop your network and your knowledge by tapping into our faculty, alumni, and students working in Washington Public Relations and Politics.

Information Session Tuesday, February 5 6:30 pm

GW Funger Hall 2201 G Street, NW, Room 103 Washington, DC 20052

Metro: Orange or Blue Line to Foggy Bottom

Rsvp Today!

202.994.6000 gspminfo@gwu.edu www.gspm.gwu.edu



AMBITION.

www.gwu.edu/gradinfo

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/

The History Channel and Infiniti present

A Design & Engineering Challenge

Watch DC's top design professionals build DC 2108 and experience the official car of the City of the Future Challenge: the new Infiniti EX

Tuesday, January 15th / 9am to 4pm **Union Station**

For more info: check out www.history.com/cityofthefuture

Made possible by:







NATURAL TREASURE: Spanish oil giant Repsol has found 2 trillion cubic feet of natural gas in Peru's jungle, enough to help guarantee Peru's gas supply for 40 years, Peruvian President Alan Garcia said on Monday.

World

6 Killed in Attack on Kabul Hotel

American, journalist from Norway are among the casualties

KABUL, AFGHANISTAN | Militants stormed Kabul's most popular luxury hotel Monday, killing at least six people as they hunted down Westerners who cowered in a gym — a coordinated assault that could signal a new era of brazen Taliban attacks.

The gunmen threw grenades and fired AK-47s, and one even blew himself up despite heavy security at the Serena Hotel. One American and a Norwegian journalist were among the dead, officials said.

More than 30 U.S. soldiers in a half-dozen Humvees rushed to the hotel as part of a quick reaction force, and security personnel from the nearby U.S. Embassy ran through the building looking for U.S. citizens.

It was the deadliest direct attack on a hotel in Kabul since the fall of the Taliban in 2001.

The assailants appeared to con-

centrate their assault on the Serena's gym and spa, where foreigners relax and work out at night, suggesting the militants had cased the hotel in advance.

The Taliban has targeted aid workers and civilian contractors with kidnappings and killings, but this was the most daring and sophisticated attack yet and was aimed at a prominent symbol of foreign presence in the country.

The multipronged assault began around 6 p.m., when the Norwegian Embassy was hosting a meeting at the Serena for visiting Foreign Minister Jonas Gahr Stoere. U.N. Secretary-General Ban Ki-moon described Stoere as the target of the attack.

Witnesses said they first heard gunfire, then several explosions likely from hand grenades - and also one large blast — the suicide

"There were two or three bombs, and there was complete chaos," said Stian L. Solum, a photographer from the Norwegian photo agen-CY Scanpix. JASON STRAZIUSO (AP)

GUATEMALA CITY. GUATEMALA First Leftist President In 50 Years Takes Office

Guatemala on Monday swore in Alvaro Colom, its first leftist presi-

dent in more than 50 years. Colom took office in an afternoon inaugural ceremony that was delayed to accommodate arriving dignitaries. At least



10 world leaders attended, including Venezuelan President Hugo Chavez. (AP)

MOSCOW, RUSSIA

Defving Orders From Russia. British Council Offices Open

The British Council offices in two cities reopened Monday, despite Russia's threat that defying orders to suspend operations would worsen bilateral relations. Russia called the decision a "deliberate provocation" and promised punitive measures. (AP)

Olmert: Nuclear Iran Unacceptable

JERUSALEM | Prime Minister Ehud Olmert warned Monday that all options are open when it comes to keeping Iran from obtaining atomic weapons, his clearest sign yet that Israeli could use force against a nation considered among its most serious threats.

Addressing a closed meeting of

the parliament's Foreign Affairs and Defense Committee, Olmert was quoted as saying that Israel would not accept an Iran armed with nuclear weapons.

Israel considers Iran a serious threat because of suspicions over its nuclear program and its longrange missile capabilities. (AP)

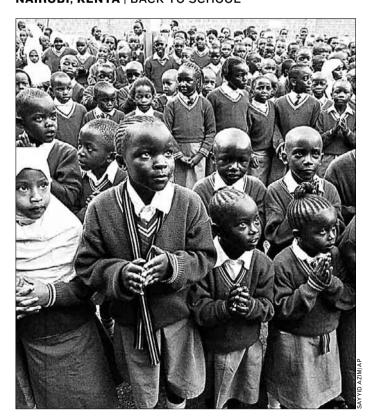
HEARSAY | PAKISTANI POLITICS



"Musharraf has destroyed Pakistan. He is blindly following America's orders. ... The whole of Pakistan is drowned in blood."

-NAWAZ SHARIF, PAKISTANI OPPOSITION LEADER, AT A RALLY — HIS FIRST MAJOR CAMPAIGN EVENT SINCE THE DEC. 27 ASSASSI-NATION OF BENAZIR BHUTTO — IN ISLAMABAD ON MONDAY.

NAIROBI, KENYA | BACK TO SCHOOL



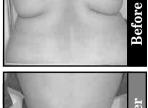
CLASS RESUMES AT LAST: Children attend an assembly at Kongoni Primary School in Nairobi, Kenya, on Monday, after the nation's schools reopened following a weeklong delay due to post-election violence.

\$499/Eye Any Prescription Lasik! 20/20 Guaranteed or Money Back* ENJOY LASIK REGARDLESS OF YOUR RX. • No Incision/Cut and No Flap Lasik • One Eye or Both Eyes at a Time • Safe & Comfortable • Quick & Immediate Recovery • FDA Approved • Visx & Bausch & Lomb Lasers • 0 Down, 0 Interest, 100% Financing • Return to Work Next Day • Insurance

I SURGEONS 202.464.5216 24th and I St., Foggy Bottom Metro 301.738.0339 • BETHESDA 703.533.0025 • TYSON'S CORNER 703.465.0090 • ALEXANDRIA 410.730.2215 • COLUMBIA/BALTIMORE

RGEONS

IPOSUCTION
Unwanted Fat Removed Permanently!
0 Down 0 Interest 100% Financing **IMAGINE WHAT WE CAN DO FOR YOU!**













Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

> **202.452.1332** 24th & I St., NW (Foggy Bottom Metro) **703.533.1025** Tyson's Corner 703.465.0666 Alexandria

301.738.6766 Bethesda 410.730.7226 Columbia/Baltimore Gift Certificates

• FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE







Have You Ever Experienced a **Traumatic Event?**

Have vou:

- Been physically or sexually assaulted?
- Had a serious accident?
 Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?

- Difficulty getting rid of troubling images or thoughts of the trauma
- Flashbacks or nightmares
 Avoiding people or places
- Feeling anxious or jumpy

If so, you may be suffering from Post-Traumatic Stress Disorder (PTSD). Call us to see if you qualify for research on an investigational drug that may help with PTSD symptoms. Must be between 18-65 years old.

> Mental health assessment at no cost Transportation reimbursement is available



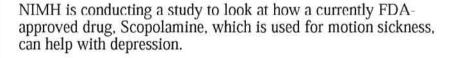
The National Institute of Mental Health NINH

Call: 1-866-505-1033

http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov



epressed?



This is a 12-visit outpatient study conducted at the NIH Clinical Center in Bethesda, MD. The drug is given through a patch placed on the skin.

NIMH is seeking Participants:

- Ages 18-50
- Currently depressed
- Not taking medications for at least 3 weeks



Financial Compensation & Transportation Reimbursement Provided. Atendemos pacientes de habla hispana.

Call: 301-594-3186

http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov





The National Institute of Mental Health NIN:

National Institutes of Health, Department of Health & Human Services National Institute

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**



World



President Bush and Saudi King Abdullah bin Abd Al Aziz Al Saud smile after Bush was given the King Abdul Aziz Order of Merit at the Riyadh Palace on Monday.

Saudi King, Bush **Emphasize Ties**

President delivers arms sale during talks with ally leader Abdullah

RIYADH, SAUDI ARABIA | President Bush delivered a sophisticated weapons sale for Saudi Arabia on Monday, trying to bolster defenses against threats from U.S. adversary Iran and muster support in this oil-rich kingdom for a long-stalled Mideast peace agreement.

On a surprisingly cold day, Bush received a warm embrace from King Abdullah bin Abd Al Aziz Al Saud, whose family wields almost absolute rule. Among ordinary Saudis and across much of the Mideast, Bush is unpopular, particularly because of the Iraq war and U.S. support for Israel.

Bush and Abdullah were going to some lengths over two days to emphasize their strong ties.

Saudi Arabia holds the world's largest oil reserves, and surging fuel costs are putting a major strain on the troubled U.S. economy. But White House officials said it was unclear whether Bush raised the subject with the king. The issue came in earlier stops on Bush's eight-day trip, largely in the context of his quest for alternate fuels and sources of energy, the officials said.

White House counselor Ed Gillespie said Mideast leaders have "talked about the nature of the market and the vast demand that's on the world market today

Bush, who dislikes late nights, also stayed up well past his regular 9:30 p.m. bedtime for after-dinner talks with the king.

In a show of hospitality, the king invited Bush to come Tuesday to his lavish horse farm. The visit, including an overnight by Bush, is a payback for the president hosting Abdullah at his Texas ranch. TERENCE HUNT (AP)

Sunni Judge Is **Assassinated**

BAGHDAD | Gunmen assassinated a Sunni judge as he headed to work in Baghdad Monday, the latest of thousands of professionals killed in unsolved cases since the 2003 ouster of Saddam Hussein's regime.

Appeals Court Judge Amir Jawdat al-Naeib was slain a week after police arrested a group of militants who specialized in intimidating or killing doctors, academics and judges, according to an Interior Ministry official. He said the aim of such attacks is to empty the country of professionals and scientists. The official, who spoke on condition of anonymity, said such killings serve foreign agendas.

Al-Naeib and his driver were ambushed by gunmen in two cars, police and Deputy Justice Minister Busho Ibrahim said. (AP)

Local

Schools Debate Intensifies

Parents and students protest school closings at D.C. Council hearing

WASHINGTON | Public Enemy's "Fight the Power" blared from speakers outside the John A. Wilson Building as children, who skipped school to be there, arrived Monday morning with parents and crayon-penned signs in tow to rally against a controversial proposal to close 23 schools

About 50 people joined the hourlong demonstration — a mixture of a 1960s protest and more modern arguments against gentrification — that preceded a D.C. Council hearing on the closings. More than 60 people were scheduled to testify, including Schools Chancellor Michelle A. Rhee.

The well-organized assembly was also an indication that Mayor Adrian M. Fenty and Rhee face a strong, vocal opposition to the plan they say would help carry out school reform by shuttering under-



The Rev. Willie Wilson of Union Temple Baptist Church leads protesters outside the Wilson Building before the D.C. Council's hearing on school closures Monday.

enrolled schools and creating consolidated schools with special programs, such as those for gifted and talented students.

At issue Monday was the Fenty administration's decision to hold 23 simultaneous public meetings at the schools on Thursday

to address residents' concerns. Demonstrators said they plan, instead, to boycott those assemblies and attend a "People's Meeting" at the Wilson Building that will be held at the same time. NIKITA STEWART AND THEOLA LABBÈ (THE WASHINGTON POST)

Kaine Seeks Higher Auto Sales Tax

Governor proposes increase as alternative to fees for bad drivers

RICHMOND, VA. | Gov. Timothy M. Kaine said Monday he would like legislators to consider increasing the tax on automobile sales to generate more money for highway maintenance and end the controversial fees for bad drivers.

Kaine, who has been pushing for the increase since taking office,

stressed that such a tax increase would need a bipartisan consensus before it could take place.

While he said he will not introduce his own legislation calling for the tax hike, he described it as the best approach for closing a projected \$290 million shortfall in the part of the state transportation budget used to repair and maintain roads and bridges.

"If you are serious about transportation, why have a lower sales tax on vehicles than anything else?"

People who buy new cars pay a 3 percent sales tax even though Virginia's sales tax is 5 percent. Kaine pushed in 2006 and 2007 to raise the tax to 5 percent, but the Republican-controlled House of Delegates rejected the idea. House and Senate Republicans instead pushed their own plan that included regional taxing authorities in Northern Virginia, an increase in vehicle registration fees and the abusive-driving fees. TIM CRAIG (THE WASHINGTON POST)

HEARSAY | HOUSING

"We are going to do everything in our power to protect Maryland homeowners."

-MD. GOVERNOR MARTIN O'MALLEY. PITCHING A PACKAGE OF MORTGAGE REFORMS AIMED AT REDUCING FORECLOSURES BY CRACKING DOWN ON SCAM LENDERS MONDAY.

The Lotteries

Monday, Jan. 14

DISTRICT

Mid-day Lucky Numbers 7-5-3 Mid-day DC 4 9-3-9-5

MARYLAND

Mid-day Pick 3 Mid-day Pick 4

VIRGINIA

5-0-1

Mid-day Pick 3 6-2-6 Evening Pick 3 (Sun.) 5-7-0 Mid-day Pick 4 0-6-5-3 Evening Pick 4 (Sun.) 3-1-4-2 Mid-day Cash 5 3-17-21-23-32 Evening Cash 5 (Sun.) 7-18-19-23-33

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

High Blood Pressure?

If you have mild to moderate high blood pressure, you may be eligible to I participate in a voluntary clinical research study of an investigational drug.



Study participants will receive all investigational study medication, and all study related examinations and testing at no cost. Compensation for time and travel may be available.

If interested, please contact:

MILLENNIUM CLINICAL TRIALS 703-527-8100 or email: bloodpressurestudy@yahoo.com

FIDELITY DIRECT MORTGAGE

YES! WE CAN STILL DO THAT 100% FINANCING - PURCHASE OR REFINANCE

LOWEST 30 YEAR FIXED

5.375% APR 5.44%

NO CLOSING COST LOANS AVAILABLE 301-869-6000

BUILDING A NEW HOME??? CALL US FOR A CONSTRUCTION LOAN (Rates in 6's)

HIRING LOAN OFFICERS

JOIN A SUCCESSFUL COMPANY WITH FREE LEADS, AND PROCESSING WITH A "CAN DO" ATTITUDE.

Making Dreams come True One Loan at a Time

Purchase * Refinance * Residential * Commercial Loans

100 Lake Forest Blvd., Gaithersburg, MD 20877 Phone: 301-869-6000 Fax: 301-761-4000

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

Top Prize Chances: 1 in 176 Million

Volunteer to be a Counselor for the DC Rape Crisis Center's Hotline and Hospital Advocacy program. Training starts January 22, 2008

For more information contact: 202-232-0789

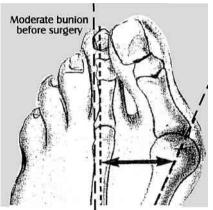
DC Rape Crisis Center

or volunteer@dcrcc.org

BOTHERED by Bunions?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gotlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



If you qualify for this study you will receive:

- Surgery at no charge
- Financial compensation
- Lab work at no charge
- **Study-related visits** at no charge



Contact us today to learn more!

410-761-0118

Email: info@crgmd.com • www.chesapeakeresearchgroup.com

THE GEORGE WASHINGTON UNIVERSITY **SCHOOL OF MEDICINE AND HEALTH SCIENCES**

GRADUATE CERTIFICATE IN

HIV/AIDS STUDIES

GW's unique graduate Certificate in HIV/AIDS Studies Program offers a vibrant and exciting curriculum for people interested in understanding key issues in the HIV/AIDS epidemic.

Enhance your effectiveness in HIV/AIDS-related organizations and research by developing a broad HIV/AIDS knowledge base.

Courses include HIV/AIDS Biology, Policy, Epidemiology, Prevention, Care and Treatment, Surveillance, and Organizational Responses.

> THE GEORGE WASHINGTON UNIVERSITY MEDICAL CENTER WASHINGTON DC

Bring Us Your AMBITION.

information:

Executive Coordinator. GW HIV/AIDS Institute 202.994.3095 www.gwhivaids.org



Money

10 | EXPRESS | 01.15.2008 | TUESDAY

Retail's Resilience Eroding

Sales data indicate affluent shoppers are starting to spend less

NEW YORK | More evidence of a dramatic slowdown in consumer spending surfaced Monday, as Sears Holdings Corp. warned that a drop in sales would result in a profit shortfall and the world's largest retail trade group issued a downbeat sales forecast for 2008.

Shares dropped among retailers from jewelry chain Zales Inc. to Saks Inc., which operates luxurv retailer Saks Fifth Avenue, as the spending malaise appeared to deepen and spread beyond lowerand middle-income shoppers to more affluent consumers.

Consumer spending, which accounts for two-thirds of the nation's economic activity, had been showing resilience even as gas prices rose and the housing market fell. But recent data point to a sharper pullback, a trend that may tip the



Upscale retailer Saks Inc. is feeling the pinch of a slowdown in consumer spending that has some forecasters predicting a recession in the United States in 2008.

economy into recession.

American Express Co., whose customers are generally affluent, said Thursday it expects slower spending and more missed payments on credit card bills to hurt its profit throughout 2008. Upscale jewelry retailer Tiffany Co. also cut its 2007 profit outlook on Friday.

Meanwhile, the National Retail Federation predicted retail sales in 2008 will grow at the weakest pace in six years. The reports come on the heels of sales reports Thursday that showed the weakest holiday sales since 2002. ANNE D'INNOCENZIO (AP)

EU Begins Another Microsoft Probe

BRUSSELS | European Union regulators said Monday they were again investigating software giant Microsoft Corp. — this time on suspicion of abusing its market position by squeezing out competing

-25.97

Internet browsers and software rivals dependent on Microsoft programs.

The European Commission opened two formal probes, the first move against the company since a

NASDAQ Stock Market

court four months ago backed the EU in a long-running legal battle over Microsoft's actions in using its ubiquitous Windows operating system to elbow into new software markets. Microsoft said it would cooperate fully with the Commission's investigation. (AP)

Market Action

New York Stock Exchange

Harman

NovaStr rs

DowneyFn

Gainers **G**ainers WCI Cmts ASV Inc +5.50 2.52 +.62 +32.6 17.79 +44.8 56.43 Wellcare If +9.44 +20.1 ConvOrg n +3.60 +41.4 FTD Grp AllisChE +17.9 +36.8 BrightHrz 13.65 +1.91 +16.3 RoyaleEn +23.6 TerraNitro Losers Losers 43.00 2.08

Rates Currency (Dollars in foreign currency)

-28.8

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	7.25	7.25	British Pound	.5111	.5109	.5107
Fed Funds close	4.23	4.22	Canadian Dollar	1.0183	1.0206	1.1697
3-month disc	3.08	3.18	European Euro	.6722	.6764	.7743
2-year	2.56	2.74	Japanese Yen	108.28	108.91	120.35
10-year	3.79	3.83	Mexican Peso	10.9005	10.9450	10.9615
30-vear	4.37	4.33	Taiwanese Dollar	32.38	32.46	32.76

Multihnd rs

MEMSIC n

PeopEduc

Compuwre USANA

NASDAQ S&P 500 +171.85 +38.36 +15.23 +1.36 12778.15

Diatock Ctocks

-16.1

-12.7

-1.61

-1.04

RIOTECH 210CKS							
STOCK	LAST	DAILY Change	YEAR TO DATE PERCENT CHANG				
Amgen	47.93	+.31	+3.2				
Amylin	35.91	55	-2.9				
BiogenIdc	59.98	+.96	+5.4				
BioMarin	38.91	44	+9.9				
Celgene	53.98	29	+16.8				
ChRvLab	68.41	+.06	+4.0				
GenProbe	62.35	35	9				
Genentch	70.64	86	+5.3				
Genzyme	78.68	+.12	+5.7				
GileadSci s	48.16	52	+4.7				
Illumina	70.17	34	+18.4				
Imclone	41.61	+.68	-3.2				
Invitrogn	96.22	06	+3.0				
MillPhar	15.82	+.77	+5.6				
QIAGEN	23.39	+.24	+11.1				

LUCKY LOSS: NFL teams wasted no time going after Jason Garrett. With the offensive coordinator free to talk to teams now that his team is out of the playoffs, the Ravens interviewed him for a second time, and the Falcons scheduled a follow-up interview for Tuesday.



Sports

Swengali

NFL | BY MATT SWENSON

NFL Playoffs Are A Crazy World

WHAT SORT OF A WORLD do we live in when one person is criticized for going to Cabo, while one team is thrilled to be going to Green Bay, and another can't wait to land in chilly New England?

There was, surprisingly, no snow to start the week in 22-degree Wisconsin, but look for a snow shower during an 11-degree Sunday when the New York Giants visit Lambeau Field.

Meanwhile, it was snowing in Boston Monday and felt like 16 degrees. It will be a brisk 19 degrees Sunday when the San Diego Chargers try to become the first team to beat the Patriots.

Maybe Tony Romo had it right by heading south of the border for

The Giants are probably thrilled to be on the road, where they've won nine straight.

the most overly scrutinized vacation in history. Sadly, I won't be in Mexico this weekend, but I'm grateful that I'll be watching the games in my warm living room.

In a weird twist, the Giants are probably thrilled to be on the road, where they have won nine in a row. Lambeau Field is the ultimate home-field advantage, and Brett Favre fares far better in key games than Romo.

The Packers' Super Bowl opponent seems a fait accompli. The Patriots would probably win no matter what, but the Chargers are so banged up that this doesn't seem like a fair fight.

So, we will have a rematch of the Super Bowl 11 years ago that the Packers won. It feels like New England hasn't lost since.



Williams Gets Another Interview

Redskins plan to meet with Colts coaches Caldwell and Meeks

REDSKINS | Assistant coach Gregg Williams interviewed again Monday for the Washington Redskins coaching vacancy, and the team was also making plans to speak to Indianapolis Colts assistants Jim Caldwell and Ron Meeks.

Owner Dan Snyder met for the third time with Williams, who has been in charge of the Redskins'



defense since 2004. Williams had a preliminary interview Wednesday and his first full session with the owner Saturday.

The interviews were confirmed by a person familiar with the selection process. He spoke on condition of anonymity because the Redskins haven't publicly stated the names of any candidates.

The person said Snyder has sev-

Gregg Williams has met with Dan Snyder three times since Joe Gibbs retired.

eral more candidates he wishes to interview, including Caldwell and Meeks. The Redskins have already spoken to Tennessee Titans defensive coordinator Jim Schwartz and at least one other candidate.

The process picked up speed when the Colts were upset in the AFC playoffs Sunday by the San Diego Chargers, freeing up Caldwell and Meeks to be contacted this week.

The Redskins are looking for a successor to Joe Gibbs, who resigned last week. JOSEPH WHITE (AP)



 $Laurence\ Maroney\ had\ one\ of\ his\ most\ productive\ games\ of\ the\ year\ in\ the\ Pats'\ win\ over\ Jacksonville:\ 22\ carries,\ 122\ yards.$

Pats Finally Find a Role for Maroney

Running back is being used and is showing he can be productive

NFL PLAYOFFS | Laurence Maroney ran to his left and waited. His chance was about to come.

Tom Brady scanned the defense, then turned toward him and threw a short pass. Underused most of the season, Maroney caught it and raced up the left side for 33 yards.

"Hopefully, I was going to catch them sleeping, and I did," he said.

 $\begin{array}{l} {\rm Eight \, plays \, later - two \, of \, them} \\ {\rm runs \, by \, Maroney - and \, the \, Patri-} \end{array}$

ots had a touchdown and were on their way to Saturday night's 31-20 playoff win over the Jaguars.

"I don't think he probably had all of the opportunities he would have hoped," Brady said. "But his role has been whatever he's got, and he's been extremely productive."

Not really, unless the quarterback is talking about the last four games. In the first 13, Maroney missed three with a groin injury and cracked 100 yards rushing just once.

But Maroney still had to wait his turn as a runner. The passing game was just too productive.

In the critical stretch when the

Patriots tried to finish off the first 16-0 season in NFL history, Maroney rushed for 104 yards in the 14th game, a career-high 156 in the 15th with gains of 59 and 51 yards, and two touchdowns in the 16th.

Then he piled up 122 yards on 22 carries against Jacksonville (his second busiest game of the year), nearly twice the total of Taylor and Jones-Drew, who finished with 66.

"For half the year, Tom Brady was doing it all by himself with the receivers," running back Heath Evans said. "And, during the most important time of the year, Maroney stepped up." HOWARD ULMAN (AP)

Dungy Is Faced With Hard Choice

Coach says he enjoys football but wants to be with his family, too

NFL | Tony Dungy has a big decision to make, one that has nothing to do with going for it on fourth down.

Should the Indianapolis Colts coach continue in that role or retire to spend more time with his family and perform his charitable work?

Dungy, who said he expects to decide within a week, made it clear Monday he is not tired of the coaching grind or the pressure of big-time games. And, no, the previous day's stunning upset at the hands of San Diego that knocked the defending champions from the playoffs will not be a major factor in his decision.

But Dungy clearly is torn.

"I still enjoy it very much," he said moments after addressing the players for the final time this season. "I love coming to work. I'm not burned out at all.

"On the other side of the coin, I've done it a long time. I need to be a good dad and need to make sure I have the energy to devote to both jobs. I don't want to shortchange the Colts and certainly don't want to shortchange my family." BARRY WILNER (AP)



Participate in a study at Johns Hopkins Center for Immunization Research and help put an end to Malaria.

Without ever leaving DC, you can help save lives all over the world. Today, malaria kills nearly one million people a year. No vaccine exists, but if you are between 18 and 50 years old you could help change that. The study will take about twenty hours over several visits

Earn up to

and you'll be paid for your time.

\$1.600

You have the power to help heal the world.

Call 1-877-VAX 4 YOU or go to www.hopkinsprojectsave.org.

Be a life saver...

PROJECT



Principal Investigator: Anna Durbin, MD Approved by CHR on September 5, 2007 CHR# H.22.04.02.19.A2

Sports



Runner Oscar Pistorius competes in the 400-meter run at an event last July.

Amputee Is Denied Olympics

IAAF rules that blades give runner Pistorius an unfair advantage

OLYMPICS | The IAAF ruled Monday that double-amputee sprinter Oscar Pistorius is ineligible to compete in the Beijing Olympics because his prosthetic racing legs give him a clear competitive advantage.

The International Association of Athletics Federations had twice postponed the ruling, but the executive Council said the South African runner's curved, prosthetic "Cheetah" blades were considered a technical aid in violation of the rules.

"As a result, Oscar Pistorius is ineligible to compete in competitions organized under IAAF rules," the IAAF said in a statement.

Pistorius, known as the "blade runner," announced last week that he planned to appeal any adverse decision, including taking the case to the Court of Arbitration for Sport in Lausanne, Switzerland.

Athletics South Africa said it would immediately apply the decision, further complicating Pistorius' future, since he will not be able to set legal Olympic qualifying times in his own country.

"That's a huge blow," said Pistorius' manager, Peet Van Zyl. "He has been competing in South African abled-bodied competition for the past three years. At this stage, it looks like he is out of any ablebodied event." RAF CASERT (AP)

The speed Lebron James was caught driving in a 65 mph zone on Dec. 30. James, who admitted to speeding after practice on Tuesday, was asked whether he would drive that fast again. "I don't know — maybe at times. ... I made a mistake," he said.

Sports

Caps Face Stretch Run Early in '08

5 straight home games over 2 weeks could make or break season

CAPITALS | Though the Washington Capitals' long-term future may hinge on the 13-year, \$124 million contract Alex Ovechkin signed last Friday, the club's short-term fate may also depend on events this

When the club's playoff fate is determined this spring, it likely will look back to the five-game homestand that continues Tuesday night against conference-leading Ottawa as the stretch that either propelled it to the postseason or helped seal its doom

Certainly, the Thanksgiving hiring of coach Bruce Boudreau was a turning point — the Caps are 12-7-4 since the former minor league boss took over. But despite the turnaround, the club remains seven points out of the last Eastern playoff spot. The homestand likely represents the Caps' (18-21-5) best chance to launch a serious offensive. They play Edmonton on Thursday and close with Florida on Saturday.



The Caps celebrate after scoring what would be the game-winning goal against Colorado last Wednesday, the first of five straight home games for Washington.

"We can't take off any games," defenseman Shaone Morrisonn said. 'We have to get our points. Every game is going to be a playoff game right now. It's so tight."

The importance of playing playoff-type hockey was illustrated in

the first two games. Last week's 2-1 win over Colorado — from Matt Bradley's first-period fight to Olie Kolzig's last-minute saves — had the sort of chippy, defensive feel reminiscent of postseason play. Alex Ovechkin called the game "bor-

Unheralded Helper

→ Mike Green may be playing great hockey right now, but he owes a lot of that to Shaone Morrisonn, who is always there to cover him when he jumps into a play. | Today, Sports

The Washinaton Post

ing" but one "we have to win."

Conversely, the Caps were unable to stay with Philadelphia in a wideopen 6-4 loss last Sunday. "We tried to be too cute," defenseman Tom Poti said

'We've been in some barnburners here the last few weeks," goalie Olie Kolzig said. "But who cares? Pretty is what burned us in the past. We've got a handful of talented guys, but, like Bruce says, we're a meat and potatoes team."

The Caps continue to have injury problems, with captain Chris Clark reaggravating his groin on Sunday, but their recent return to home respectability gives it them a chance this week. Washington is 7-4-1 on F Street in its past 12 after a league-worst 2-7-1 start.

'We've got a great opportunity here to really gain some ground," Kolzig said. BRIAN STRAUS

McFadden Will Join NFL Draft

NFL | Darren McFadden isn't sticking around for another run at the Heisman Trophy.

The Arkansas All-American announced Monday he'll skip his senior season and enter the NFL draft.

McFadden was the Heisman runner-up in 2006 and 2007, so his decision to turn pro wasn't surprising. He ran for 1,830 yards last season, second on the Southeastern Conference's single-season list. He is also second on the career list with 4.590 yards rushing.

Felix Jones, the Razorbacks' other talented tailback, said he'll also enter the draft a year early. (AP)

TODAY'S TV LINEUP

WIZARDS (7:30 P.M. ON CSN+) The Wizards last two games have been against the NBA-best Celtics. Now, playing in their fourth game in five days, they head to New York to play the lowly Knicks.

CAPITALS (7 P.M. ON CSN) As bad as they've been at times this year, the Caps have played the Senators well. They host Ottawa again on Tuesday.



automobile dealers



KOONS CHEVY TYSONS

888-383-8200 www.koons.com



KOONS FORD ROCKVILLE

ROCKVILLE 718 ROCKVILLE PIKE **KOONS STERLING FORD**

888-342-7300 Sterling 46869 Harry Byrd Highway

OURISMAN WORLD OF FORD

703-660-9000 OURISMANFORD.COM ALEXANDRIA, VA 6129 RICHMOND HIGHWAY

SHEEHY HONDA

703-660-0100





LEXUS OF SILVER SPRING

800-266-4874

Mercedes-Benz

EUROMOTORCARS GERMANTOWN

Germantown, MD 240-686-1300 19750 Germantown Rd. euromotorcarsgermantown.com

EUROMOTORCARS BETHESDA

8020 Arlington RD Buying/Internet Services Welcome



DARCARS NISSAN

301-309-2200 Rockville, MD 15401 Frederick Rd.

PASSPORT NISSAN OF ALEXANDRIA

866-367-9951

355 TOYOTA/SCION



355 TOYOTA

Rockville, MD 15131 Frederick Rd

301-309-3917

KOONS TYSONS TOYOTA

Vienna, VA 8610 Leesburg Pike

888-505-1137

301-309-3917 www.darcars.com

DARCARS 355 VOLVO

301-309-3900

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**





@washingtonpost.com

VOLKSWAGEN

ALEXANDRIA VW

888-683-3064 www.AlexandriaVW.com

BROWN'S VW OF MANASSAS

703-257-6002 www.ManassasVW.com

express health directory

Do you have a family history of Alzheimer's Disease?



It so join the

*REVEAL Study

To learn more about your chances of developing Alzheimer's Disease

Through the REVEAL study you will receive:

- Education about the genetics of Alzheimer's disease.
- A personalized Alzheimer's disease risk assessment.



Call (202) 865-8547 for more information.



ASTHMA?

If you are using daily asthma medications, you may be eligible for a 10 visit, 6 month research study of an investigational asthma medication.

- Ages 12 and up
- Non-smokers

Compensation up to \$700 for time and travel.

Please contact Shelby at (301) 962-1609 if interested.

Metro Accessible.



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. I WHEATON, MARYLAND Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD, Mark Scarupa, MD and Eyal Oren, MD



HEALTHY VOLUNTEERS NEEDED

for clinical trials in Bethesda, MD. You must be between 18 and 45, not take regular medications, non-smoker and be available for 6 overnight visits.

Call **1-866-750-2165** to learn more...

LOSE WEIGHT **NOW**

JOIN THE SMART CROWD



View the whole HERBALIFE product line at: www.aam-productmall.com



readexpress.com

Stop working. Read Express.

VE71 1v

Ladies! Are you an active or passive smoker?

If you are a smoker or exposed to second hand smoke, we urge you to participate in our Research Study at Georgetown!

Our study includes:

- 30 min questionnaire
- A blood sample
- A urine sample

Only one visit is required. All information is kept confidential, and participants will receive \$30 compensation.

Call: 202-687-1706 Or email: do46@georgetown.edu

Georgetown University and Lombardi Comprehensive Cancer Center do not encourage smoking. Smoking is known to be harmful to your health and causes disease.

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment: TOLL FREE: (888) 926-9211 EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07



readexpress.com

X571 1



readexpress.com

X571 1x3

express health directory

CANCER SURVIVORS: EXERCISE STUDY



Eligible Candidates:

- Tai Chi Chuan
- Cycling Exercise
- Cancer Survivors
- 18-65 years of age
- Completed chemotherapy at least 2 years ago



Please consider joining a research study comparing two exercise programs Tai Chi Chuan and cycling exercise at the National Institutes of Health.







1-800-411-1222

http://nccam.nih.gov/exercisestudy

Is Your New Year's Resolution to Quit Smoking? We Want to Help!

Join the University of Maryland Smoking Study and you'll receive: the Nicoderm® CQ nicotine patch, 8 sessions of group therapy, PLUS \$330 for participating!

For more information, call 301.405.4188, email QuitSmoking2006@yahoo.com, or visit www.addiction.umd.edu/bats.html

This study is sponsored by the National Institutes of Health

the freshest styles

Weekend Styles. Every Friday

OSTEOARTHRITIS? RHEUMATOID ARTHRITIS? LOWER BACK PAIN? SEVERE JOINT PAIN?

NOW ENROLLING Clinical Research Study for Chronic Pain

Millions of chronic pain sufferers are not aware that their NSAID* pain medication like asprin or ibuprofen may cause stomach problems.

IS THIS YOU?

Researchers at Washington Gastroenterology PC are evaluating an investigational pain medication containing a stomach protectant. The study will examine its effectivesness in preventing stomach ulcers caused by **NSAID*** pain relievers taken alone.

WHAT DO YOU GET WHEN YOU PARTICIPATE?

- Study visits, medical evaluations with experienced medical professionals
- Study drug for up to 7 months (some subjects at designated research sites may qualify to participate for an additional 6 months).
- Compensation for time and travel may be provided

TO QUALIFY TO PARTICIPATE YOU MUST BE:

- 40 years or older
- Suffering from chronic pain, lower back pain, osteoarthrtis or rheumatoid arthritis or other joint related pain and require daily use of a pain reliever

CALL NOW (410) 465-2455, press 2

*Non-Steroidal Anti-inflammatory Drugs includes products such as Advil - a registered trademark of Wye Consumer Healthcare and Motrin - a registered trademark of McNeil Consumer Healthcare Division readexpress.com

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**







SPECIAL SECTION & GIVEAWAY

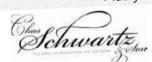
January 23, 2008

R \$30,000

in wedding services and merchandise!

Get the Weddings Special Section on January 23 to find out how!

The latest in wedding fashions and celebrations ... Great venues ... Valuable planning trips ... Expert advice ... Plus your chance to win over \$30,000 in fabulous prizes for an unforgettable wedding!

































Get the Express Weddings Special Section, Wednesday, January 23 to find out how you could win!

To advertise in Weddings Special Section call 202-334-4130.

XX673 5x6



\$100 FREE GAS **Text 4GAS to 55022** for your chance to win.

And learn how you could win a 2008 Corvette Coupe at this year's Washington Auto Show.









THANKS FOR THE IMAGERY: Clay Aiken will play Sir Robins in the Tony Awardwinning "Monty Python's Spamalot" this Friday through May 4. He stated he was so sore from rehearsals he "couldn't even get off the toilet the other day."

Entertainment



 $\textbf{RETAINED IN TRANSLATION:} \ Many agree that \ Khaled \ Hosseini's \ "Kite Runner" \ made \ a successful \ page-to-screen \ transition.$

Novel Approach

A number of 2007's top films were lifted from fiction's pages

BORROWED PLOTS | David Benioff was sitting on a plane, having a perfectly pleasant conversation with an elderly passenger about his job as a screenwriter, when he mentioned that he was working on an adaptation of "The Kite Runner."

"She grabbed my arm and said, 'That's my favorite novel. Don't change a word!"

Based on the international bestseller about a man who returns to Afghanistan to right a childhood wrong, "The Kite Runner" is one of an inordinately large number of films in this year's awards race that come from books.

Sure, every year there are several book-club favorites that turn

up at the multiplex. Perusing the list of Academy Award best-picture winners can feel like a trip to Barnes & Noble, from "Gone With the Wind" and "The Godfather" to "The Silence of the Lambs" and "The English Patient."

But during this tumultuous, strike-hobbled awards season, at least a dozen movies with literary roots have real shots at winning the biggest prizes. Some of those novels, like Khaled Hosseini's "The Kite Runner," are beloved, and readers feel proprietary about them.

Others, like Ian McEwan's "Atonement," which won best drama and musical score at the Golden Globes on Sunday night, and Jean-Dominique Bauby's memoir, "The Diving Bell and the Butterfly," which won the directing prize for Julian Schnabel and the foreign-language film honor, seemed impossible to adapt because they were too complicated, too internal.

The adaptations themselves range from the Coen brothers' "No Country for Old Men," which maintained much of Cormac McCarthy's rich Texas vernacular, to Paul Thomas Anderson's "There Will Be Blood," in which the writer-director merely used Upton Sinclair's "Oil!" as a leaping-off point.

Benioff was lucky in that he'd read the book before he got the job, and he'd started his screenplay before it became a huge hit. Halfway through his first draft, though, he began to feel the pressure.

"It's an amazingly emotional story. People become attached to those characters, and they long for redemption for Amir," he said.

As a novelist himself, having written "25th Hour" and adapted the screenplay for director Spike Lee, Benioff said he "felt an extra layer of pressure — I didn't want to let Khaled down. I respected him a lot and he was a real ally. ... When it's your own book, you want the movie to be good, but there's less pressure." CHRISTY LEMIRE (AP)

Stops

FOR MORE TOP STOPS AND ENTERTAIN-MENT FEATURES, VISIT READEXPRESS.COM

MIRAH

Boldly Softspoken



Mirah's a Philly girl with a small, soothing voice and subtle but poignant lyrics. Her songs are richly orchestrated and varied

enough that we're kept entertained, but still get where she's going with it. This indie chick collaborates with instrumentalists Spectratone International in her shows and is touring with her album "Share This Place."

→ Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$15; 703-522-8340. (Clarendon)



EDITORS

Copy and Paste

Indie rockers Editors know a good thing when the hear it, which is probably why they have stuck to their Killers-esque vibe since they arrived on the scene. Come see them perform hits like "Smokers Outside the Hospital Door" tonight at the 9:30 Club.

→ 9:30 Club, 815 V St. NW; 7:30 p.m., \$25; 202-265-0930. (U St.-Cardozo)

COMPAGNIE CHANT DE BALLES

Spherical Whimsy

The Embassy of France presents
Eric Bellocq on the lute and juggler
Vincent de Lavenere performing
"Le Chant de Balles" (that would be "Song

of the Balls"). Show up to learn more.
→ Millennium Stage, Kennedy Center,

2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom-GWU)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Some Artists Have Real Guts

Sia unabashedly says it all on 'Some People Have Real Problems'

MUSIC | Talk about "Some People Have Real Problems" — one song on Sia's new album is titled "The Girl You Lost to Cocaine." But while it's usually wise to stay out of other people's troubles, you'll want to get caught up in the drama Sia has to offer on her second solo CD.

The former Zero 7 singer's

scratchy, raw voice brims with emotion on these stark but engaging songs about broken dreams and fractured relationships. While heartache is a common thread in music, Sia, who co-wrote all but one song on "Some People," expresses her pain with vivid imagery that ranges from dreamily poetic to painfully realistic.

"Let's not fight — I'm tired, can we just sleep tonight?" Sia sings with a weary tone that anyone who has been through a rocky relationship

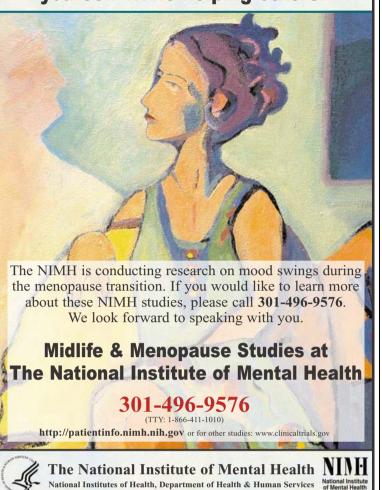


Sia touches on all of the less fortunate aspects of romantic relationships.

can relate to on "Soon We'll Be Found." And on the CD's first song, "Black Sandals," she conjures up a fantasy scenario to express escaping a doomed relationship.

Sia got a lot of attention in 2005 when her bittersweet song "Breathe Me" marked the end of HBO's "Six Feet Under" in the final episode. That song gave a hint of Sia's musical power — now "Some People Have Real Problems" reveals it completely.

NEKESA MUMBI MOODY (AP)



Suffering from Depression?



Are you Experiencing Any of the Following Symptoms?

- Feelings of Sadness, Hopelessness, **Worthlessness or Guilt**
- Losing Interest in Your **Usual Daily Activities**
- Sleeplessness or Lack of **Energy**
- Difficulty Thinking, **Concentrating or Making Decisions**

If so, and you are between the ages of 18-65, you may be eligible to participate in a clinical research study for an investigational medication for Major Depressive Disorder.

For More Information Please Call:

703 998 5850



1010 N. Glebe Rd. Suite 400, Arlington VA 22201 703 998 5850 • www.cnswebsite.com

BASIC JUDAISM for Jews and Non-Jews Alike Tuesdays, Jan. 29th – March 11th, 6-7pm Instructor: Rabbi Bernice K. Weiss, author of Converting to Judaism – Choosing to be Chosem: Personal Stories Class Fee: S118 * Registration Fee: S10 Register online at convertojudaism.org

600 | St. NW / Gallery Place Metro • Sixth & | Historic Synagogu Email: bkweiss@comcast.net / 202-216-9839

Train to be a MEDICAL



Job Placement Assistance Days. Eve and Weekends

Convenient Locations in DC MD VA



WeekendPass makes the weekend historic.

Every Thursday in Express.

All Your Dental Needs In One Office!

10% OFF with this ad

BEFORE Evening and Saturday Appointments • Free implant, Lumineer and Invisalign consultation One block from ROSSLYN METRO

Most Insurance accepted • Emergencies seen same day

Rossiyn Dental Center & Eye Street Dental Center 1800 N. Kent St. #100 | Arlington, VA 22209 | 703-807-0808 1712 Eye St. #812 | Washington, DC 20006 - Next to Faragut West Metro Station | 202-223-3536



The Volgenau School of Information Technology and Engineering

Experienced trainers with industry experience

Hands-on training

Daytime, evening and weekend classes

Continuing education units awarded

Flexible payment options

Courses meet DoD 8570.01 requirements

LEARNGROWADVANCE

Professional Development Programs

Cisco Certified Network Associate Jan 19 Security+ Jan 19 Information Technology Foundation .lan 21 (A+, Network+, MCP, CCNA, Security+) Oracle 10g Database Administration Jan 29 MCSE Windows 2003 Feb 09 Network+ Feb 15 Web Developer Feb 16 CISSP Fast Track Feb 18 **Web Design** Mar 10

For complete outline and schedule. visit our website at http://ite.gmu.edu/techadvance Arlington, Herndon, Loudoun and Manassas

703-842-7404 advance@gmu.edu

TIX ON SAIE HANNAH MONTANA CONCERT 3D (NR) ★
. TIX ON SAIE 2T DRESSES (PG-13) ★
. TIX ON SAIE CLOVERFIELD (PG-13) ★
IE NAME OF THE KING (PG-13)

JEN VS. PHEDATOR 2 (N) - ID NEW D

S. LLOVE YOU (PG-13)

JARLIE WILSON'S WAR (R) - ID REQ'D (1210 240) 515 800 10.

VEENEY TODO (R) - ID REQ'D (110) 350 705.93

(TIONAL TREASURE: BOOK OF SECRETS (PG) (100) 415.73

(1155 215) 430 650 910 (1240) 355 725 101

IRST SUNDAY (PG-13)
(230 505) 740 102
IRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (140 400) 630 950 HERE WILL BE BLOOD (R) - ID REQ'D (1220 315 355) 650 730

(1240 305 530) 755 1005 (240 520) 810 1000 (1250) PM (1250) PM (1250 20) 810 1000 (1250) PM (1250 20) 810 1000 (103 45) 640 920 (110 410) 710 1010 (115) PM (250 525) 720 800 955 1035 (150 435) (RCO'D (405) 700 1000 E MISSED CALL (PG-13)
E ORPHANAGE (R) - ID REQ'D
IEN VS. PREDATOR 2 (R) - ID REQ'D
IENEY TODO (R) - ID REQ'D
IV LEGEND (PG-13)
ONEMENT (R) - ID REQ'D
E GOLDEN COMPASS (PG-13)

945 1021 BUCKET LIST (PG-13) (215500) 730 1015 PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) 200 4151630 831

(115 415) 700 (300 515) 730 945 (145 445) 745 1015 (215 500) 800 1030 LVIN AND THE CHIPMUNKS (PG) AM LEGEND (PG-13)

IE MISSED CALL (PG-13) (100 315 530) 745 1000 (100 315 530) 745 1000 (100 315 530) 745 1000 (100 315 530) 745 1000 (100 315 530) 745 1000 (100 315 530) 745 1000 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030 (100 315 530) 745 1030

LVIN AND THE CHIPMUNKS (PG) AM LEGEND (PG-13)

POTOMAC YARD STADIUM 16 FAIRFAX TOWNE CENTER 10 3575 Jefferson Davis Hwy 800-FANDANGO 690# 4110 W Ox Road 800-FANDANGO 670#

OC: ONE MISSED CALL (PG-13)
ONE MISSED CALL (PG-13)
THE GREAT DEBATERS (PG-13)
THE WATER HORSE: LEGEND OF THE DEEP (PG)
ALIEN'S. PREDATOR 2 (R) - ID REQ'D
P.S. ILOVE YOU (PG-13)
NATIONAL TREASURE: BOOK OF SECRETS - DP (PG)
NATIONAL TREASURE: BOOK OF SECRETS - DP (PG)

NATIONAL TREASURE: BOOK OF SECRETS (PG)

45980 Regal PIE2a 800-FANDANGO 3948

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
Adv. Tix on Sale 27 DRESSES (PG-13) ★
Adv. Tix on Sale 27 DRESSES (PG-13) ★
IN THE NAME OF THE KINR (PG-13) (140 440) 730 1030
FIRST SUNDAY (PG-13) (1230 300 530) 750 1020
FIRATES WHO DON'T DO ANYTHING: VEGGET TALES MOVIE (G)
THERE WILL BE BLOOD (R) - ID REQ'D (1320 245 500) 710 930
ONE MISSED CALL (PG-13) (130 250) 620 850 940
ONE MISSED CALL (PG-13) (130 250) 620 850 940
ONE MISSED CALL (PG-13) (150 250) 620 850 940
HE GRAPAT DEBATERS (PG-13) (1250 240 515) 740 1050
HE GRAPAT DEBATERS (PG-13) (1250 240 515) 740 1050
FIRE MATERIAL EVILSON'S WARR (R) - ID REQ'D (1250 340 105) 740 1050
WEENEY TOOD (R) - ID REQ'D (150 240 105) 745 1025
NATIONAL TREASURE: BOOK OF SECRETS - DP (PG) 720 1020
NATIONAL TREASURE: BOOK OF SECRETS - PG (115 220 510) 755 1025
NATIONAL TREASURE: BOOK OF SECRETS - PG (115 220 520) 820
THE KITE RUNNER (PG-13) (1243 45) 645 945

THE KITE RUNNER (PG-13) ALVIN AND THE CHIPMUNKS (PG) AM LEGEND (PG-13) ATONEMENT (R) - ID REQ'D THE GOLDEN COMPASS (PG-13)

ROCKVILLE CENTER STADIUM 13 Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
Adv. Tix on Sale 27 DRESSES (PG-13) ★
Adv. Tix on Sale CLOVERFIELD (PG-13) ★

Adv. Tix on Sale CLOVERFIELD (PG-13) ★
BUCKET LIST (PG-13)
FIRST SUNDAY (PG-13)
FIRST SUNDAY (PG-13)
FIRST SWHO DON'T DO ANYTHING: VEGGIE TALES MOVIE (G)
FIRST SWHO DON'T DO ANYTHING: VEGGIE TALES MOVIE (G)
FIRST SWHO DON'T DO ANYTHING: VEGGIE TALES MOVIE (G)
(115415) 730 1030
ONE MISSED CALL (PG-13)
CHARLIE WILSON'S WAR (R) - ID REO'D
(1245 345) 645 930
NATIONAL TREASURE: BOOK OF SECRETS (PG)
(100 415) 700 945
NATIONAL TREASURE: BOOK OF SECRETS (PG)
(145445) 743

(100 400) 700 1000 (1210 230 500) 730 1000 (1230 315) 630 900 ATONEMENT (R) - ID REQ'D /15 101: (1245 330) 615 91

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★ IN THE NAME OF THE KING (PG-13) (120415)725 1THE ORPHANAGE (R) - ID REO'D (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150435)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (150455)720 1 (1

20000 Century Blvd

ALVIN AND THE CHIPMUNKS (PG)

(1245 330) **UA SNOWDEN SQ STADIUM 14**9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale 27 DRESSES (PG-13) ★ Adv. Tix on Sale CLOVERFIELD (PG-13) ★

Adv. Tix on Sale CLOVERFIELD (PG-13) ★
FIRST SUNDAY (PG-13)
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (6)
ONE MISSED CALL (PG-13)
THE ORPHANAGE (R) - ID RE'O'D
BUCKET LIST (PG-13)
THE GREAT DEBATERS (PG-13)
THE GREAT DEBATERS (PG-13)
THE WATER HORSE: LEGEND OF THE DEEP (PG)
CHARLLE WILSON'S WAR (R) - ID RE'O'D
NATIONAL TREASURE: BOOK OF SECRETS (PG)
(100 440) 715 1000
NATIONAL TREASURE: BOOK OF SECRETS (PG)
(100 400) 700
1000

MANASSAS STADIUM 14 11380 Bulloch Drive

Adv. Tix on Sale Hannah Montana Concert 3D (NR) ★
FIRST SUNDAY (PG-13) (1145 210 430) 735 1
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE

(1205.2 ONE MISSED CALL (PG-13) (1145.1 BUCKET LIST (PG-13) (1155.2 THE WATER HORSE: LEGEND OF THE DEEP (PG)

955
ALIEN VS. PREDATOR 2 (R) - ID REQ'D
P.S. I LOVE YOU (PG-13)
CHARLLE WILSON'S WAR (R) - ID REQ'D
(1235 330) 645 935
CHARLLE WILSON'S WAR (R) - ID REQ'D
(130 155 440) 730 1000
SWEENEY TOOD (R) - ID REQ'D
(1225 330) 640 925 SWEENEY TODD (R) - ID REQ'D (1225-320) 640 NATIONAL TREASURE: BOOK OF SECRETS (PG) (1220-315)

ALVIN AND THE CHIPMUNKS (PG) AM LEGEND (PG-13)



ANY SIZE INSTALLED WHITE VINYL DOUBLE HUNG REPLACEMENT WINDOWS

- Lifetime Warranty
- Double-Pane Insulating Glass Fully Fashion Welded Window

- Factory Direct Pricing *Standard installation includes wood removal without capping

COMPARE TO OTHERS AT \$600 OR MORE! • Energy Tax Credit Rebate Available

• Free Professional installation • No Interest- No Payments for 12 mos

• Easy to Clean Tilt-In Design • No Haggle Pricing - Guaranteed Lowest Price



NO Payment CALL FOR A 301-516-6738
Until January FREE ESTIMATE www.windowdepotusa.com

2009
Licensed & Insured
MHIC #124478 Visit Our Showroom



7993 Fernham Lane, Forestville, MD 20747 Serving MD, DC. and VA

Receive a Computer At Graduation!* Iob Placement Included Financial Aid Available Morning

202.223.3500

 ${
m T}$ echnical ${
m L}$ earning

Centers Inc.

OFFICE ADMINISTRATION

MEDICAL ASSISTANT

DIPLOMA PROGRAMS

1001 Connecticut Ave, NW, Suite 435

*Desktop computer. Call for more details.

Offer expires 12-31-2007.

Experience the Difference

Advanced Ticketing at MovieWatcher.com

A.M.Cinema - All seats \$4, \$5, or \$6, Digital 3D \$7 or \$8, before noon on Fri., Sat., Sun., & holidays - denoted by ()

AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22

DIGITAL PRESENTATION

DIGITAL PRESENTATION
THE BUCKET LIST (PG13) / 2:15, 4:55, 7:35, 10:00
FIRST SUNDAY (PG13) / 1:20, 2:20, 4:30, 5:00, 7:00, 7:45, 9:45
IN THE NAME OF THE KING: A DUNGEON SIEGE
TALE (PG13) / 3:20, 6:30, 9:30
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES
MOVIE (G) / 1:15, 3:30, 6:20, 9:15

30, 6:20, 9:15 'T DO ANYTHING: A VEGGIETALES

IOVIE (B) □ □ □ / 1:15 3:30 6:20 9:15

NIME MISSED CALL (PO.13) 1:25,4:10,845,9:10

LIENS VS. PREDATOR - REQUIEM (R) 1:30,4:05,6:35,9:25

HE GREAT DEBATERS (PO.13) 1:105,4:15,7:10,10:00

HE WATER HORSE: LEGEND OF THE DEEP (PO.12:00,4:50)

"LEGIS COMMISSED REGIS RESERVED (F. 15,6:4.1) HARLIE WILSON'S WAR (R) 1:35, 4:30, 7:05, 9:40 ATIONAL TREASURE: BOOK OF SECRETS (PG) 2:10, 5:20,

50, 8:25 S. I LOVE YOU (PG13) 7:30 LVIN AND THE CHIPMUNKS (PG) 1:10, 1:40, 3:35, 4:25, 6:50, 9:20 I AM LEGEND (PG13) 1:45, 5:05, 6:15, 7:55, 9:00 THE GOLDEN COMPASS (PG13) 1:50, 4:35 ENCHANTED (PG) 2:30, 5:15

ENCHANTED (PG) 2:30, 5:15

THE KITE RUNNER (PG13) 3:40, 6:40, 9:50

THE ORPHANAGE (R) / 1:00, 4:20, 6:55, 9:35

THEOREM (R) 3:25, 6:25, 9:25

THERE WILL BE BLOOD (R) / 2:05, 6:10, 7:25, 9:55

JUNO (PG13) 1:55, 4:40, 7:15, 9:40

SYMEENEY TODD: THE DEMON BARBER OF FLEET

STREET (R) 3:05, 6:05, 9:05

LOEWS GEORGETOWN 14 3111 K Street, N.W. 202-342-6441

DIGITAL PRESENTATION

ONE MISSED CALL (PG13) 1:20, 3:35, 5:50, 8:05, 10:25

THE BUCKET LIST (PG13) / 2:50, 5:15, 7:45, 10:15
FIRST SUNDAY (PG13) / 2:50, 5:15, 7:45, 10:15
FIRST SUNDAY (PG13) / 2:50, 5:15, 7:45, 10:15
ALIENS VS. PREDATOR - REQUIEM (R) 5:20
THE GREAT DEBATERS (PG13) 1:30, 425, 7:20, 10:20
CHARLIE WILSON'S WAR (R) 2:55, 5:25, 8:00, 10:15
CHARLIE WILSON'S WAR (R) 2:55, 5:25, 8:00, 10:15
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:25, 4:30, 7:35, 10:30

NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:27
-735, 10:30
I AM LEGEND (PG13) 1:00, 3:10, 5:40, 8:10, 10:30
I AM LEGEND (PG13) 1:00, 3:10, 5:40, 8:10, 10:30
THE CIPPLANAGE (R) 1:50, 4:10, 7:05, 10:10
THE CIPPLANAGE (R) 1:50, 4:15, 8:45, 9:13
ATONEMENT (R) 1:00, 4:05, 7:00, 10:25
THERE WILL BE BLOOD (R) 3:30, 6:35, 10:20
SWEENEY TODD: THE DEMON ARRER OF FLEET
STREET (R) 2:20, 5:50, 7:55, 10:30
NO COUNTRY FOR OLD MEN (R) 2:30, 7:40, 10:25

LOEWS SHIRLINGTON 7 2772 South Randolph 703-671-0910 801

THE ORPHANAGE (R) 1:40, 4:10, 7:00

ATONEMENT (R) 2:20, 5:00, 7:30

THERE WILL BE BLOOD (R) 2:00, 5:10, 8:10

JUNO [PG:13] 2:10, 4:40, 7:10

SWEENEY TODD: THE DEMON BARBER OF FLEET

STREET (R) 2:00, 4:50, 7:40

YOUTH WITHOUT YOUTH (R) 1:30, 4:10, 7:50

THE SAVAGES (B) 4:20 E SAVAGES (R) 4:20 COUNTRY FOR OLD MEN (R) 1:50, 7:20

LOEWS WHITE FLINT 5

1-800-FANDANGO #741

HE BUCKET LIST (PG13) 1:50, 4:15, 7:15 HARLIE WILSON'S WAR (R) 2:00, 4:25, 7:00 IATIONAL TREASURE: BOOK OF SECRETS (PG) 1:50, 4:25,

LAM LEGEND (PG13) 2:30 5:15 8:00

LOEWS UPTOWN 1 3426 Connecticut Avenue N.W. 1-800-FANDANGO #713

✓-SPECIAL ENGAGEMENT No passes or discount coupons

AMC COLUMBIA MALL 14

DIGITAL PRESENTATION
ONE MISSED CALL (PG13) 2:10, 4:30, 6:50, 9 ONE MISSED CALL (PG13) 2:10, 4:30, 6:50, 9:10
THE BUCKET LIST (PG13) / 2:20, 4:50, 7:20, 9:50
FIRST SUNDAY (PG13) / 1:50, 4:25, 7:30, 9:35
FIRSTES WHO DON'T DO ANYTHING: A VEGGIETALES
MOVIE (G) / 1:30, 3:15, 5:30, 7:45, 10:30
ALIENS VS. PREDATOR - REQUIEM (R) 9:15 PM
THE GREAT DEBATERS (PG13) 12:35, 3:25, 6:15, 9:00
THE WATER HORSE: LECEND OF THE DEEP (PG) 1:20, 4:05, 6:40
CHARLIE WILLSON'S WAR (R) 2:15, 4:65, 7:25, 10:10
NATIONAL TREASURE: BOOK OF SECRETS (PG) 12:40, 3:35, 6:30, 9:30

NATIONAL TREASURE: BOOK OF SECRETS (PG) © 12:40, 3:35

6:30, 9:30

P.S. I LOVE YOU (PG13) 12:45, 3:30, 6:25, 9:20
ALVIN AND THE CHIPMUNKS (PG) 12:50, 3:05, 5:20, 7:40, 9:55
I AM LEGEND (PG13) 2:20, 4:40, 7:10, 9:40

ATONEMENT (R) 12:30, 3:20, 6:10, 9:05

JUNO (PG13) 2:35, 5:05, 7:35, 10:05

SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 4:15, 7:05, 6:15

AMC SPRINGFIELD MALL 10 Loisdale and Franconia Road 703-971-3991

103-971-3991
THE BUCKET LIST (Pcf)3 / 12:00, 2:50, 5:20, 8:00
FIRST SUNDAY (Pcf)3 / 12:00, 2:20, 4:45, 7:05, 9:30
ONE MISSED CALL (Pcf)3 151, 7:20
ALIENS VS. PREDATOR - REQUIEM (P) 5:00, 7:30
THE WATER HORSE: LEGEND OF THE DEEP (PG) 4:30, 7:00
CHARLIE WILSON'S WAR (R) 4:50, 7:46
HATIONAL THEASURE: BOOK OF SECRETS (PG) 1:15, 4:20, 7:30
P.S. 11.0VE YOU (Pcf)3 4:15, 7:15
AWIN AND THE CHIPMUNKS (PG) 12:15, 2:45, 5:05, 7:20
I AM LEGEND (PGf)3 5:30, 8:00

LOEWS RIO CINEMAS 18 9811 Washingtonian Boulevard 301-948-0906

THE WATER HONSE: LEGEND OF THE DEEP (PG) 2/05, 4/50, 7/40, 10:15

THE BUCKET LIST (PG13) / 1/45, 4/15, 7/10, 9/50
FIRST SUNDAY (PG13) / 1/45, 4/15, 7/10, 9/50
FIRST SWHO Y PG13) / 1/55 4/25, 7/25, 1/000
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) / 1/10, 3/15, 5/30, 7/45, 1/000
ONE MISSED CALL PG13) 1/15, 3/30, 5/5/0, 8/05, 1/020
ALIENS VS. PREDATOR - REQUIEM (R) 3/25 PM
THE GREAT DEBATERS (PG13) 1/5/5, 4/55, 7/45, 1/0/35
CHARLIE WILLSON'S WAR (R) 1/5/0, 4/25, 7/35, 1/0/35
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1/30, 4/35, 7/35, 1/0/35

35 Tional treasure: Book of Secrets (PG) 🖪 🖾 1:30,

LAM LEGEND (PG13) 2:30, 5:00, 7:30, 10:10
THE GOLDEN COMPASS (PG13) 1:35, 4:10
ENCHANTED (PG) 1:40, 4:25, 6:55

ENCHANTED (PG) 1:40, 4.25, 6.55

THE KITE RUNNER (PG13) 1:33, 4:30, 7:25, 10:20
THE ORPHANAGE (R) / 2:10, 5:15, 7:55, 10:30
THE ORPHANAGE (R) / 2:10, 5:15, 7:55, 10:30
THE ORPHANAGE (R) / 2:10, 5:15, 7:55, 10:30
THE ORPHANAGE (R) / 2:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:10, 5:

MAGIC JOHNSON CAPITAL CENTRE 12 800 Shopper's Way, Largo 301-324-4220

THE BUCKET LIST (PG13) ✓ 12:15, 2:45, 5:15, 7:45, 10:15 FIRST SUNDAY (PG13) 12:05, 1:30, 2:35, 4:00, 5:00, 6:30, 7:30, 9:15, 10:10
ONE MISSED CALL (PG13) 12:10, 2:20, 4:40, 7:00, 9:30
ONE MISSED CALL (PG13) [50] 12:10, 2:20, 4:40, 7:00, 9:30
ALIENS VS. PREDATOR - REQUIEM [7] 12:30, 3:00, 5:25, 7:55, 10:1
THE GREAT DEBATERS (PG13) 12:25, 1:05, 3:05, 4:05, 6:05, 7:05,

9:05, 10:05 NATIONAL TREASURE: BOOK OF SECRETS (PG) 12:50, 3:50, 6:50 9:50 ALVIN AND THE CHIPMUNKS [PG] 12:20, 2:50, 5:20, 7:50, 10:10 I AM LEGEND [PG13] 12:05, 2:25, 4:55, 7:25, 10:00 THE PERFECT HOLIDAY [PG] 12:10, 2:30, 4:45, 7:15, 9:40 THIS CHRISTMAS [PG13] 12:45, 3:45, 6:45, 9:45

Styles. Every Friday



AMC POTOMAC MILLS 18 2700 Potomac Mills Circle, Ste 886

DIGITAL PRESENTATION NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:05,

NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:05, 4:00, 6:50, 9:40

THE BUCKET LIST (PG13) ✓ 1:55, 4:30, 7:00, 9:35
FIRST SUNDAY (PG13) ✓ 2:25, 5:10, 7:40, 10:05
IN THE NAME OF THE KING A DURGEON SIEGE
TALE (PG13) ✓ 1:15, 4:10, 7:15, 10:15
IN THE NAME OF THE KING A DURGEON SIEGE
TALE (PG13) ✓ 1:15, 4:10, 7:15, 10:15
IN THE NAME OF THE KING A DURGEON SIEGE
TALE (PG13) ✓ 1:15, 4:10, 7:15, 10:15
IN THE (PG13) → 1:10, 10:15, 10:15
IN THE WATER HORSE: LEGEND OF THE DEEP (PG) 1:30, 7:10
CHARLIE WILSON'S WAR (R) 1:45, 4:20, 6:45, 9:20
IN THE WATER HORSE: LEGEND OF THE DEEP (PG) 1:30, 7:10
CHARLIE WILSON'S WAR (R) 1:45, 4:20, 6:45, 9:20
IN THE GOLDEN COMPASS (PG13) 4:25, 10:00
ENCHANTED (PG) 2:30, 5:00

THE GOLDEN COMPASS (PG13) 4:25, 10:00
ENCHANTED (PG) 2:30, 5:00

THE GOLDEN COMPASS (PG13) 4:25, 10:00
ENCHANTED (PG) 2:30, 5:00

THE GOLDEN COMPASS (PG13) 4:25, 10:00
ENCHANTED (PG) 2:30, 5:00

THE GOLDEN THE DEEMON BARBER OF FLEET
STREET (R) 2:05, 4:50, 7:35, 10:20

ANACC COULETTH OUTSE DI AZZA S

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd. 703-998-4AMC

THE BUCKET LIST (PG13) / 3:10,530,8:10,10:45
IN THE NAME OF THE KING: A DUNGEON SIEGE
TALE (PG13) / 4:00,7:10,10:00
THE GREAT DEBATERS (PG13) 4:20,7:20,10:10
THE WATER HORSE: LEGEND OF THE DEEP (PG) 2:50,5:15 CHARLIE WILSON'S WAR (R) 2:40, 5:20, 8:00, 10:40 NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:50, 4:30, 7:30,

10:30
P.S. I LOVE YOU (PG13) 7:50, 10:35
ALVIN AND THE CHIPMUNKS (PG) 2:30, 4:40, 6:50, 9:00
P.S. AMG SELECT
THE KITE RUNNER (PG13) 4:10, 7:00, 9:50

AMC TYSONS CORNER 16 7850 Tysons Corner Center 703-998-4262

DIGITAL PRESENTATION

THE BUCKET LIST (PG13) / 1:00, 3:20, 5:40, 8:05, 10:25

FIRST SUNDAY (PG13) / 1:250, 3:15, 5:35, 8:10, 10:35

PIRATES WIND DON'T DO ANYTHING: A VEGGIETALES

MOVIE (G) / 1:20, 3:35, 5:48, 8:00

ONE MISSED CALL (PG13) 1:25, 3:10, 5:20, 7:35, 9:45

ALIENS VS. PREDATOR - REQUIEM (R) 10:15 PM

THE GREAT DEBATERS (PG13) 1:25, 4:57, 7:25, 10:15

THE WATER HORSE: LEGEND OF THE DEEP (PG) 1:50, 7:00

CHARLIE WILSON'S WAR (R) 1:40, 4:10, 7:05, 9:40

NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:30, 7:30, 10:30

10:30
P.S. I LOVE YOU (PG13) 1:45, 4:35, 7:40, 10:40
ALVIN AND THE CHIPMUNKS (PG) 12:45, 3:00, 5:15, 7:45, 10:05
ALVIN AND THE CHIPMUNKS (PG) □ 12:45, 3:00, 5:15, 7:45,

I AM LEGEND (PG13) 1:00, 3:25, 5:55, 8:20, 10:50 ENCHANTED (PG) 4:20, 9:35

THE KITE RUNNER (PG13) 155, 450, 755, 1050 THE KITE RUNNER (PG13) 156, 450, 755, 1050 THE ORPHANAGE (R) / 1:10, 330, 550, 820, 10:45 ATONEMENT (R) 1:15, 415, 710, 10:00 JUNO (PG13) 12-45, 305, 525, 750, 10:10 SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 1:05, 4:05, 9:55

AMC MAZZA GALLERIE

THE BUCKET LIST (P013) / 2:30, 5:20, 7:50
FIRST SUNDAY (P013) / 1:50, 4:20, 7:50
ONE MISSED CALL (P013) 2:20, 5:00, 7:10
CHARLIE WILSON'S WAR (R) 2:10, 4:50, 7:10
NATIONAL TREASURE: BOOK OF SECRETS (P0) 1:40, 4:30, 7:20

SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 2:00, 4:40, 7:40

C - Closed Captioning ·

■ - Descriptive Video Service

trend-spotter



Outstanding Distributor

Regina Chambers

"I would like to nominate Regina at the Waterfront/ Southeastern University Metro stop. She is always pleasant and friendly. Getting a copy of Express from her is a guaranteed bright spot in my day.

take one

express

Thanks and great job!"

- Waterfront/ Southeastern University Metro Rider





To recognize an outstanding distributor, please email circulation@readexpress.com. Please include your name, city and metro station.

GW SCHOOL OF BUSINESS MBA PROGRAMS - THREE LOCATIONS

MASTER OF Business Administration

Our national reputation at your doorstep. GW's Part-time MBA program is ranked in the top 30 by US News & World Report, 2008.

Set your own place and pace!

Accelerated and self-paced options in multiple locations.

Convenient locations. Evening and weekend classes in Washington, DC, Alexandria, and Loudoun, VA.

Tailor your degree. Choose electives from 17 areas of specialization including international business, finance, and entrepreneurship.

> THE GEORGE WASHINGTON UNIVERSITY WASHINGTON DC

Bring Us Your AMBITION.

www.gwu.edu/gradinfo

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY

Information Sessions Thursday, Jan. 17 6:30 pm

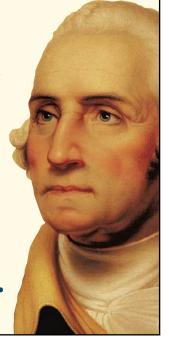
Duguès Hall 2201 G Street NW, Suite 652 Washington, DC 20052

Saturday, Jan. 26 10:00 am

Alexandria Graduate **Education Center** 1775-B Duke Street Alexandria, VA 22314

Rsvp Today!

202.973.1130 www.nearvou.gwu.edu/mba



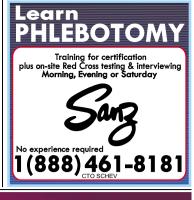
 Accidents
 Criminal Employment • Immigration

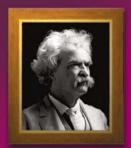
We handle **ALL** your legal needs!

818 18th Street, NW, Suite 630, Washington, DC 20006

Payment Plans Available Call Now at 202-223-6767







Mark Twain Author (1835-1910)



Harriet Tubman **Abolitionist** (c.1820-1913)



Kymone Freeman Vaccine Trial Participant (Present Day)

You don't have to pen the great American novel or strive for freedom to be an everyday hero.

Help researchers develop potentially lifesaving vaccines for HIV, Ebola, flu, and other infectious diseases. There is no risk of becoming infected with a virus from a vaccine, and you are paid for your participation. Ultimately, volunteering a small amount of your time in a vaccine clinical research trial could help to prevent a pandemic. And that's amazing no matter who you are.

To be a Vaccine Trial Volunteer, call 1-866-833-LIFE, TTY 866-411-1010, or visit www.vrc.nih.gov

VACCINE RESEARCH CENTER • NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES NATIONAL INSTITUTES OF HEALTH • U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Train to be a MEDICAL ASSISTANT



Financial Aid If You Qualify Job Placement Assistance Day, Evening & Weekend



I earn Phlebotomy Checking Vital Signs **Running Diagnostics** and more

Convenient Locations in DC MD VA

ACCETO

20 | EXPRESS | 01.15.2008 | TUESDAY

Entertainment



GOSSIP GIRLS: Isabella and Catherine in "Northanger Abbey," airing on Jan. 20.

'Theatre' Is Fully Renovated

Classic programming ditches the must for an updated look, feel

CHANGE | Sunday night, and it's time for "Masterpiece ... " Hold on. Where's the triumphal fanfare? Where's the snorkler's-eye view of the library, the books and the statues? Where's Alistair Cooke in a Chippendale chair? Russell Baker in a tweedy jacket?

As of last Sunday, "Masterpiece Theatre" will arrive in, as marketers like to say, a totally new package. Instead of the familiar journalists who hosted the dramas for 33 of the series' 37 years, viewers will see russet-haired actress Gillian Anderson ("Bleak House," "The X-Files") posed against a crimson, minimalist background. There will be new theme music. Pages of a stylized graphic book will flip by.

And there's more. As part of a relaunching of the venerated novelbased series, PBS will expand and divide the "Masterpiece" brand into three mini-seasons: "Masterpiece Classic" will air from January to May, followed by "Masterpiece Mystery!" in the summer and "Masterpiece Contemporary" in the fall. Previews and fan pages will appear online on sites such as YouTube, Facebook and iTunes.

Leading off "Masterpiece Classic" on Sundays will be a Jane Austen series featuring all six of her novels, plus PBS' biopic "Miss Austen Regrets." "Persuasion" ran last week and "Northanger Abbey" will air Jan. 20.

Loyalists, however, are bound to worry that changes may affect their favorite programming, in which ghastly murders are solved over cocktails in the library, snobs and silly pastors make fools of themselves, and lovers in multiple layers of clothing gallop around the English countryside.

The only way to alter such an iconic series is "very carefully," said John Boland, chief content officer for the Public Broadcasting Service. LYNN SMITH (LOS ANGELES TIMES)

LET THE JK HARRIS TAX TEAM FIGHT FOR YOU! ...the (Nation's) most successful (in terms of size) tax-resolution company.

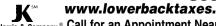
-The Wall Street Journal

Free Tax Settlement Analysis: **Confidential Interview by Appointment Only**

800-765-3007

877-451-9111

We Also Negotiate Defaulted Student Loans 800-499-0951



www.lowerbacktaxes.com *not an endorsement by the WSJ v® Call for an Appointment Near You

The Nation's Largest Tax Representation Firm



STYLE FOR STYLE: Kim Cattrall introduced the Mercedes-Benz GLK Freeside Concept during a reception in advance of the International Auto Show on Saturday. Cattrall considers the SUV to be the perfect fit for "Sex and the City's" Samantha.

Television

ON TV TONIGHT

IT'S BEEN TOO LONG!

AMERICAN IDOL (8 p.m., Fox) returns with a two-hour look at the summer's auditions.

THE SANE ONE

Kevin Federline guest stars on **ONE TREE HILL**" (9 p.m., CW).

PRE-'LONESOME DOVE'

The Western miniseries COMANCHE MOON

(9 p.m., CBS, part 2 of 3) continues.

BABY DADDY

A very strange paternity case on **BOSTON LEGAL** (10 p.m., ABC).

JUVENILE DELINQUENCY

A student's murder casts light on an abusive classmate on **LAW & ORDER**: **SPECIAL VICTIMS UNIT** (10 p.m., NBC).

NO WILL SMITH HERE

REAL WILD WEST (10 p.m., National



NO ACTING NEEDED: K-Fed will play a lead singer with an extra-large ego.

Geographic) separates fact from common myths.

'SWEEP' REINCARNATE

The supermarket comedy 10 ITEMS OR LESS (11 p.m., TBS) returns for a second season. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

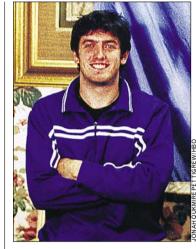
Young at Heart

A teenage filmmaker puts the spring back in some elderly steps

LIVE-IN | I'm reluctant to dole out adjectives like "heartwarming" and "touching." That's Oprah's job.

But even this cranky critic has to admit that his heart was warmed by the wonderful documentary "Andrew Jenks, Room 335" (7 p.m., Cinemax).

First-time filmmaker Jenks decided, at the ripe old age of 19, to spend his college winter vacation living in an assisted-living facility near Port St. Lucie, Fla., and docu-



MAY-DECEMBER FRIENDSHIPS: Jenks bonded with his octogenarian neighbors.

ment the lives of his elderly neighbors. He figured that folks who had lived a long time had something to teach him.

At first, the brash, handsome and engaging young man treats his sojourn as a bit of a stunt, a surefire way to get attention for his movie. But he soon insinuates himself into the lives of his elderly companions and follows the rhythm of their days.

For example, the youth and vitality of Jenks and his camera crew draw the taciturn Bill out of his shell. A sly and silent lady's man with a weakness for candy, he becomes playful in Jenks' presence, teaching him boxing moves and dispensing advice about "chasing girls." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

15.00												
1.15.08	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
_	News (N) 🚾			s Access Hollywood						cial Victims Unit (N)	News (N) CC	Tonight Show
	News (N)	TMZ (N) 🐧 🚾	The Simpsons ()	Seinfeld 🛈 🚾		ason Premiere) Singer		. ,	News (N)		News (N)	TMZ () CC
WJLA 7	News (N) 🚾	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just for Laughs	Just for Laughs	According to Jim		Boston Legal "Ma	. ,	News (N) 🚾	(:35) Nightline (N)
WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Tribes" (iTV	, , ,		exas Rangers search fo		an outlaws. (N)	News (N) CC	Late Show
WDCA 20	Judge Judy (N) 🕦	Judge Joe Brown	King of Queens	King of Queens	Street Patrol (N)	Street Patrol (N)	College Basketball	Wake Forest at Maryl	and. (Live)		Law & Order: Crimi	inal Intent "Grow"
WMPT 22	The NewsHour Wit	h Jim Lehrer (N)	Business Rpt.	Outdoors-Class	Nova (N) 🖭 (DVS)		Frontline "Dangerou	us Business" 🕦	The History Proje	ct () 🖾 (DVS)	Life (Part 2) ()	Smart Travels
		Business Rpt.	The NewsHour Wit	. ,	Nova (N) 🖭 (DVS)		Supernatural Scien	nce 🚾	Frontline "Cheney"		Charlie Rose (N) 🛈	CC
WHUT 32	World Business	Tavis Smiley ()	BBC World News	Moneywise	Mystery! "Miss Ma	rple, Series III: At Bert	tram's Hotel" 🕦	Joy of Painting	BBC World News	Tavis Smiley ()	Charlie Rose (N) O	CC
WDCW 50	My Wife and Kids	Family Guy 🚾	Two/Half Men	Two/Half Men	Reaper "Pilot" 🕦 🛭	C	One Tree Hill (N) O	CC	Friends ©	Friends () CC	Family Guy 🖾	Sex and the City
A&E	Cold Case Files ©		CSI: Miami "Game	Over" () CC	The First 48 CC		The First 48 Teenage	er murdered.	Parking Wars (N)	Parking Wars (N)	The First 48 "Last Ex	xit; Out Cold"
Animal	The Crocodile Hunt	ter 🚾	Big Cat Diary "Fac	e Off" CC	Africa's Outsiders	Unusual animals.	Lions of Crocodile	River ©	Animal Precinct S	Saint Bernards. (N)	Africa's Outsiders	Unusual animals.
BET	106 & Park: BET's T	op 10 Live Top 10 cour	ntdown. (N)	** "Brown Sugar"	(2002) Taye Diggs. C	hildhood friends won't	admit they love each o	other. 🚾	What's in It	BET News Special	Hell Date 🚾	Hell Date ©
Bravo	Real Housewives		Real Housewives	-	Real Housewives		Real Housewives		Real Housewives	•	Real Housewives	•
Comedy	(5:00) ★★ "The Las	t Shot" (2004)	Scrubs () ©	Scrubs () CC	Daily Show	Colbert Report	Futurama 🚾	South Park ©	Demetri Martin Co	omic performs.	Daily Show	Colbert Report
Court	World's Wildest Pol	ice Videos 🚾	Cops () CC	Cops () CC	Cops () CC	Cops () CC	Disorder in the Cou	urt II	Most Shocking		Operation Repo	Operation Repo
Discovery	Cash Cab ©	Cash Cab ©	How It's Made	How It's Made	Dirty Jobs Garden	ing pots.	Dirty Jobs Cave bio	ologist. (N)	Some Assembly F	Required (N)	MythBusters ©	•
DISCH	Code Blue "Baptism	By Fire" ©	Trauma: Life in the	ER CC	Quints: The First Y	'ear 🚾	Quint-essential Ma	naging chaos.	Raising 16 Childre		Quints: The First Ye	ear 🚾
Disney	Cory in the House	Cory in the House	Hannah Montana	Zack & Cody	** "Eddie's Millio	n Dollar Cook-Off" ((2003) Taylor Ball.	That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
E!	Kardashians	Chelsea Lately	E! News (N)	The Daily 10 (N)	Jenna Jameson: T	he E! True Hollywood	d Story () ©		The Girls Next Do	or Highlights.	E! News	Chelsea Lately
FX	(3:30) ★★★ "Spider	-Man 2" (2004)	*** "Batman Be	gins" (2005, Action) Cl	ristian Bale. Premie	re. Bruce Wayne becon	nes Gotham City's Dar	rk Knight.	Nip/Tuck "Rachel	Ben Nalan" (N)	(:03) Nip/Tuck "Rac	hel Ben Nalan"
HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
Family	8 Simple Rules ()	8 Simple Rules ()	Grounded for Life	Grounded for Life	America's Funnies	t Home Videos ()	America's Funniest	t Home Videos	America's Funnies	st Home Videos	The 700 Club ©	
History	The Universe ©	· · · · · · · · · · · · · · · · · · ·	Modern Marvels: Id	cebreakers 🔯	The Universe CC		The Universe "Dark	k Matter" (N) 🚾	Mega Disasters "(Glacier Meltdown"	Modern Marvels: R	enewable Energy
Lifetime	Reba 🛈 🚾	Reba () CC	Still Standing ()	Still Standing ()	Reba () CC	Reba "Go Far" ()		Children" (2001, Dram			Will & Grace ()	Will & Grace ()
MTV		True Life Getting ou		Run's House ()	Run's House ()	Run's House ()	Rob & Big ()	Life of Ryan ()	Life of Ryan (N)	Rob & Big (N) ()		Rob & Big ()
NICK		•	Zoey 101 ©	Ned's School	SpongeBob	Drake & Josh ()	Home Improve.	Home Improve.	George Lopez ()	George Lopez ()	Fresh Prince	Fresh Prince
SCIFI	Stargate SG-1 A ho		Dark Angel "Meow"		Dark Angel () CC		Guinea Pig ©	Guinea Pig ©	ECW Chavo's last of		Guinea Pig CC	Guinea Pig ©
SPIKE	CSI: Crime Scene I		CSI: Crime Scene		CSI: Crime Scene	Investigation ()	CSI: Crime Scene I		CSI: Crime Scene	. ,	CSI: NY "Super Me	
TBS	Friends () CC			Every-Raymond	Family Guy ©	Family Guy ©		Family Guy ©	The Office ©	The Office ©		Sex and the City
TLC	Property Ladder CC		Flip That House Be		Miami Ink Ami stru		London Ink Birthday		LA Ink (N)	1	LA Ink	1000000000
TNT	Law & Order "City H		Law & Order "Ghos		Cold Case "Glued"	00	Cold Case "The Let	, , ,	Cold Case "Boy in	the Box" CC	Cold Case "Disco Ir	nferno" 🕜 🔯
USA	Law & Order: Speci		Law & Order: Crim	, ,		cial Victims Unit ()	Law & Order: Spec			vn the House" (2003) S		
VHI	The Shot ()		The Shot Victoria's		Scott Baio Is 46		Celebrity Rehab W		Rock of Love With	. ,	Scott Baio Is 46	
	Los Plateados	Noti-Telemndo	12 Corazones		Madre Luna		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas
TELEM	Que Locura	Noticiero Univ	Yo Amo a Juan Qu	arandán	Amar sin Límites		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.
ESPN	SportsCenter (Live)			I Ohio State at Michiga				Kentucky at Mississi	opi State. (Live) 🚾		SportsCenter (Live	
ESPN2	Tennis: Australian C	1		I Creighton at Northern	,		NBA Coast-to-Coa	<u> </u>	In		Tennis: Australian C	
CSN	SportsNite (Taped)	SportsNite ©	NHL Hockey Ottaw	va Senators at Washing	iton Capitals. From V	erizon Center in Washi	ington, D.C.	SportsNite ©	SportsNite (Live)	CC	Washington Post L	ive
CNN	(4:00) The Situation	Room	Lou Dobbs Tonight				Larry King Live ©		Anderson Cooper			
FNC	Special Report 🚾			ith Shepard Smith	•		Hannity & Colmes		On the Record-Va	n Susteren	The O'Reilly Facto	
MSNBC	Tucker		Hardball 🚾		Countdown With I	Keith Olbermann	Presidential Debat	e Las Vegas. (S Live)	CC		Democratic Debate	e Coverage
AMC	(5:45) ★★ "Lionhear	rt" (1990, Action) Jean	-Claude Van Damme	. 'R'	★ "Death Wish II"	(1982) Charles Bronso	on. Vigilante architect l	oose in L.A.	★ "Death Wish II"	' (1982) Charles Bronso	n. Vigilante architect l	oose in L.A.
TCM	(:15) ★★ "The Unfir	nished Dance" (1947,	Musical) Margaret O'	'Brien. 'NR'	★★ "The Landlord	I" (1970, Comedy-Dran	na) Beau Bridges, Pear	rl Bailey. 'PG'	*** "Bad Comp	any" (1972) Jeff Bridge:	s. 'PG'	(:45) Targets 'R'
НВО	★ * "Unaccompani	ed Minors" (2006) Dyl	lan Christopher.	*** "Over the He	dge" (2006) Voices of	Bruce Willis.	* "Norbit" (2007, Co	omedy) Eddie Murphy,	Thandie Newton. O	PG-13' ©	Countdown	The Wire ©
	(5:30) ★★ "Reno 911	l!: Miami" (2007)	Andrew Jenks, Ro	om 335 (N)		* "The Hitcher" (2	2007) Sean Bean. () 'R'	CC	★★ "Fast Times a	t Ridgemont High" (19	982) Sean Penn.	(:35) Naked Sins
MAX		o Paradico" 'R'	(-15) ++ "Star Trol	k: Insurrection" (1998)	Patrick Stewart iT\	/, ♠ 'PG' ©	The L Word (iTV)	CC	** "Jackass: Nu	mber Two" (2006) John	ny Knoxville.	(:35) Waiting 'R
MAX SHOW	(5:15) ★★ "Return t	o i aiauise il	((.13) ^ ^ Staille	A. Illaulicetion (1990)								
	` '	Lions" (1999, Drama)	, ,			1999, Comedy) Matthey	/			nily Reunion" (2006, Co	,	1, ,
SHOW	* ★ "To Walk With		Richard Harris. 'PG-1		★★★ "Election" (1	1999, Comedy) Matthey	v Broderick. ♠ 'R' ©	rman" (2006, Drama) (★★ "Madea's Fam	nily Reunion" (2006, Co	,	'PG-13' ©

express marketplace

Reach over 280,000 readers daily plus SAVE 20% by running your ad Monday through Friday

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...



MEGA in **EXPRESS**: Jan. 14-28

MEGA in The Washington Post: Jan. 13

MEGA online: All of January on

washingtonpost.com

TO PLACE A CLASSIFIED AD CALL

202-334-6200

HELP WANTED (JOBS) ADS CALL

202-334-4100

CREDIT CARDS



JOBS

Accounting

Treasury Associate

Chemonics seeks a treasury associate to support finance and treasury operations. Responsibilities include: provide support and customer service related to collections, disbursements, credit line

Qualifications:

- Bachelor's degree in accounting or finance or equivalent combination of education and work
- equivalent combination of education and work experience

 Minimum three years of experience in accounts payable or treasury operations

 Experience with Solomon VI and demonstrated ability to learn and operate new systems in a short period

 Demonstrated ability to communicate clearly
- and concisely both orally and in writing
 Strong knowledge of Microsoft Office applica
- Permanent U.S. work authorization

Send electronic submissions to acctrecruit@chemonics.com by January 18, 2008. No telephone inquiries, please. Finalists will be contacted.

Activism

ENVIRONMENTAL ACTIVISTS & GRASS-ROOTS FUNDRAISERS/Part-Time PHONE WORK

Are You Politically Motivated? Articulate and Passionate? Want to Create Political Change?

We are looking for people who are politically motivated & articulate to help build GRASSROOTS support nationwide for environmental justice. Empower our Democracy by working for Clean Water Action! The 08' election season is here! Join us in calling our members to Inform, Mobilize, and Fund critical environmental campaigns. As a fundraiser activist, help create solutions to our most pressing problems.

- Do the grassroots work to get environmentally friendly candidates in office.
- Develop yourself as an activist. Advance your skills and communication abilities.
- skins and communication abilities.

 Gain exp on key campaigns including work in the Chesapeake Bay watershed & Florida.

 Be part of a nationwide movement to hold polluters & the Bush administration accountable.
- Flexible Schedules! Great for Students and those

- Flexible Schedules! Great for Students and discseeking 2nd Incomes.

 Guaranteed \$12/hr + Bonus + Paid Training.

 YOU pick the days! The hours are Mon. Fri., 5:30-9:30pm, W/only a 3 day work min.

 No cold calling involved!

 Advancement opps/benes available.

Call Marc 202-895-0420 x 153 or Michael x 111 Mon-Fri 1-4pm. We are conveniently located off the Van Ness Metro

Administrative Assistant/ Bookkeeper

Suicide Prevention Action Network USA (SPAN USA) seeks energetic self starter to manage day-to-day office operation of small organization with passion for mental health and suicide prevention. The part time position is 32 hours per week in eight hour days, but alternative arrangements will be considered. Casual atmosphere and excellent opportunity to renter to workforce or learn about nonprofits! three to five years administrative experience, two years of bookkeeping/accounting, excellent communication skills, proficiency in MS Office applications including Access and experience with Web content management is preferred. Knowledge of QuickBooks is required. Send resume with cover letter to info@spanusa.org.

JOBS

ACCOUNTS PAYABLE

Outstanding opportunity with large service com-pany in DC for a detail-oriented accounts payable clerk. Must have 2 years experience in A/P processing invoices/ payments for multiple com-panies; good communication skills. Ideal candi-date will have 1-2 years of accounting education, basic knowledge of Excel.

Pleasant work environment, great benefits. 1 BLOCK FROM METRO. Resumes must include salary requirements. Please email in confidence to **gtadesse@pmi-parking.com** Include Job Code AP2008.

Principals only FOF

Activism
Save The Bay! Get paid while making a difference.
Chesapeake Bay Foundation seeks qualified individuals for its public outreach team. Hours 1:3010pm M-F, PT available \$400-\$510/ wk +bonus & bens. Call Citizens Campaigns 202-895-0420 X113

Air. Cond. Serv. Tech & Installers – must be CFC cert. Min. 2 years svc exp. Good comm. skills & driving rec. Ex. Benefits, health ins, pd vacation & holidays, uniforms. Apply in person, 10 a.m-2 pm, Jones-Rogers, 14522-A Lee Rd. Chantilly, VA

Air. Cond. Residential Sales – min. 2 years HVAC sales exp. Good comm.. & computer skills. Ex. Co. ben., health ins., paid vac. & holidays. Call 703-378-3200 fer. and sales exp. Good community of the sales exp. Good community of the sales exp. Sales exp

The Maryland-National Capital Park and Planning Commission

and Planning Commission
Fleet Manager - #10061
The Maryland-National Capital Park and Planning
Commission, Montgomery County Department of
Parks, Central Maintenance Division is searching
for a qualified candidate to fill our Fleet Manager
position at our Rockville location. The successful
candidate will manage a diverse large-scale fleet
operation for Montgomery County Parks (31 positions, \$3.7 million annual budget), which includes
automotive, construction, and motorized equipment; welding shop and radio operations; fuel
purchasing and related infrastructures. Duties
include developing long-range goals and objectives;
establishing performance standards and preventative maintenance programs standards for increased
productivity, developing cost control measures,
standardization and improvements to operational
procedures; budgeting, forecasting, procurement
and outsourcing; life cycle replacement, asset
inventory, and automated records maintenance
management systems, writing technical specifications and statistical reports; and supervision.
Preferred that successful applicant have extensive
experience/knowledge in a computerized fleet
management system (such as FASTER), turf equipment, police agency units and managing multiple
satellite garages.

The Commission offers excellent benefits and com petitive salaries. The salary range for this position is \$52.140 - \$89.395.

Additional information is available on the www.mncppc.org
Applicants may send resumes/ applications to:
The M-NCPPC

Recruitment and Selection Services Office 6611 Kenilworth Avenue, #103 Riverdale, MD 20737

Riverdale, MD 20737
Attn: Recruiter/Fleet Manager, #10061/
Washington Post
Email: cas-recruiting@mncppc.org
Reference Fleet Manager, #10061/Washington
Post in the subject line.

EOE/AA/M/F/D Employer

Auto Mechanic

Exp. Must speak English. Call Mr. Moon 703-499-2562 or 301-420-5588

JOBS

Administrative

WILLIAMS LEA JOB

WILLIAMS LEA JOB
FAIR,
FRIDAY, JAN 18,
2008
9:00 am to 6:00 pm at the Hamilton Crowne
Plaza, Farragut Square Room, 14th & K Streets,
NW, Washington, DC (near the McPherson
Square metro on the Blue/Orange line).

We have immediate opportunities for entry-level & experienced Office Services Associates, Sales Executive (outside sales preferred), Managers & Supervisors, Legal Word Processors, Reception, Records, Cleaning & Hospitality Associates.

Professional business attire required. Bring copies of your resume. Williams Lea administers pre-screening assessments & pre-employment drug & background screening.

Please visit us at www.williamslea.com for a full listing of our employment opportunitie

AUTO BODY TECH—Shop in Beltsville. Call 301-937-2898.

Automotive

Sales

The 2008 Models are here! ACT NOW TO JOIN IN THE NEW SELLING SEASON!

Koons of Manassas is looking for highly motivated individals who expect to be well rewarded for their best efforts. We have four new-car franchises and a 150+Used Car inventory to sell.

We have an aggressive advertising program that generates floor traffic. A paid auto sales training program qualifies first time Sales Consultants for earnings of \$40K-\$75K. Experienced pros will do even better with commissions up to 35%.

Contact J Gatt at 703-368-9100 or Fax 703-257-9396Email jgatt@grabthewheel.com



Building Engineers-Immediate openings Nat'l Build. Maint. Co. seeking experienced and well- qualified persons

experienced and well-qualified persons
to provide building maintenance, engineering and
operations for location
Through-out Greater DC Area
Duties include HVAC,
electrical, plumbing, mechanical
Prior experience in
commercial office and data centers preferred
Applicants must be customer oriented. Applicants must be customer oriented.

Excellent compensation package offered.

Reply with resume/salary history to

Bradley.Smith@abm.com or

e-fax1-866-813-6863

"An EOE Employer - M/F/V/H"

CANVASSER MANAGER

wanted. Aggressive and growing remodeling company needs a (few good people) with gift of gab & hard work ethic required. PT/ FT, Top base pay, commission and bonuses. Please contact ssion and bonuses. Ple **Don @ 202-631-4868**

CASHIER/HELPER (Exper'd)—BP service station SE/DC. Call Jackson 202-584-3200.

JOBS

Cooks PT cooks needed. Must have food handlers license, Start off pay is \$10/hr. Fax resume 202

CUSTOMER RELATIONS Up to \$16/hr FT/PT Positions Avail. No Experience Nece Full Training Provided Call 301-560-1512.

CUSTOMER SERVICE

! positions available for fast paced courier com-bany in Beltsville, MD. Must have prior exp, strong computer skills & a great attitude! \$12.50/hr to start. Please submit resume to jackie-Mills@fxtran.com or apply in person weekdays 9:30am-3:30 pm. Falcon Express 6804 Virginia Manor Rd 6804 Virginia Manor R Beltsville, MD 20705

Customer Service/Sales

For large company. Great pay plan, benefits, training, \$40k+ & \$2k signing bonus. Call 301- 299-7612

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: **240-286-3660** or **301-568-8500**

Dancers Wanted - Male
Possible pay/benefits. New dance group embarkings on national tour. Open auditions Feb. 8-10. Head
& Body Shots & criminal background check. Travel
mandatory. Ages 18-27 Call: 301-577-5505.

Dental Hygienist

Great working environment. Days/hrs/pay nego-tiable. Fax: 301-446-1787

Dental Receptionist

Great working environment. FT, pleasant personality. Exp required. Fax 301-446-1787

CDL Driver P/T

Hospitality High School of Washington, DC is seeking a part time CDL Driver for a 24 passenger bus. Flexible hours. Please call Ruth Moses at (202)-737-4140 or fax your resume to (202)-737-4146. 737-4161, \$17+/ hour

Driver/Delivery
Distributor of construction products seeks delivery
driver for its Chantilly, VA location. Benefits after 3
mos. Please apply in person w/driving rec. at 14703B Willard Rd, Chantilly, VA.

Publishers Circulation Fulfillment Inc. is seeking Independent Contractors to deliver newspapers and other publications early mornings 3:30 am-6:00 am-\$160-\$300/wk Washington DC, Silver Spring, PG County & surrounding areas. Reliable car required Call Now 1-800-515-8000

Education Outdoor Instructor

Adventure program teaching Challenge Course Adventure program teaching Challenge Course, Rock Climbing, Canoeing with all age groups. Must be at least 18, and pursuing or completed college degree. Exp. in teaching/counseling desired. Will train in tech skills. Full-time commitment. Can lead to perm. seasonal position. If interested in this competinity along cell. 272. If interested in this opportunity, please call 703 478-1078 or email: innerquestinfo@cs.com

JOBS

Facility Manager, MS-1601-15

Announcement # FA 08-14 Closing Date: Until Filled Salary Range: \$98,285 - \$137,599 per annum

Brief Description: Manage and facilitate major construction enhancements and serve as the administrator over contractor's performance and fulfillment of contract agreement.

How To Apply: All applicants, agency employees and other D.C. Government employees must submit the District of Columbia Government Employment Application, DC-2000.

Where To Apply:

Metropolitan Police Department
Human Services, Room 6061
300 Indiana Avenue NW
Washington, DC 20001

Graphic Designer for respected marijuana policy lobby. \$40-45K. MPP.org/jobs.

THE WESTIN

resolve to start the new year inspired!

the westin alexandria is now open in old town alexandria and accepting applications for the following positions:

group sales manager westin host service express supervisor housekeeping supervisor engineer general maintenance room attendants turndown attendants banquet house attendants outlet servers telephone operators room service attendants guest service agents concierge

please visit us at the hotel located at 400 courthouse square, alexandria va 22314 or apply on-line at

www.westin.jobs/ alexandria

EOE/D/V/M/F

this is how it should feel



Currently seeking dynamic and creative professionals to fill the following positions:

Asst Banquet Manager Security Guard Housekeeping Office Coordinator Room Attendant Host/Hostess Line Cook

AM Busser - Restaurant

PM Busser - Restaurant

Room Service Server P/T

you have a flexible schedule and previous luxur

you have a hexible schedule and previous luxulotel experience and wish to join our outstandir earn, please send your resume to : **hrmanager** l**ayadams. com** or fax to 202-639-9743. EOE

JOBS

FINANCE



CURRENT OPPORTUNITIES

Operations

NASD Series 6 and 63 licenses preferred for some positions · Investment Call Center Reps Investor Services Communications

Specialist
· Disbursement Specialists
· Records Management

Information Technology

- Business Analysts
 Systems Analysts

- Project Managers
 Web Developers
 Configuration Management Specialists

Accounting & Finance

- · Tax Specialist · Tax Manager · Financial Analysts · Audit Professional

Marketing · Proposal Writer

ICMA-RC is a leading provider of retirement plans for state and local employees with management and administration of more than \$28 billion for more than 750,00 participants The corporation, a nonprofit established in 1972, offers 457 deferred compensation and 401 (k) defined contribution plans, as well as a no-fee IRA and the retirement elected medium and the retirement elected medium. other retirement-related products exclusively for public sector employees.

Reach Your Peak with ICMA-RC. Head reach Your Peak With ICMA-RC. Head-quartered in Washington, Dc, our culture is values-driven, employee-friendly, ener-getic, proactive, committed to quality and leadership. We have the capacity and financial strength to always think longterm, and we use technology to remain smart and nimble.

We have an extraordinary talent base and we invite you to consider ICMA-RC; an opportunity to Reach Your Peak.

Please visit our website at www.icmarc.org Employer



- Are you drawn to helping others?
 Do you find reward in knowing that you made a difference?
- a unrerence?
 Are you committed to seeing your work all the way through?

If so, **Boys Town** is looking for you to join our team!

Join us as a:

- Youth Care Worker
 Assistant Family Teacher
 Family Teaching Couple
 Treatment Foster Family Consultant

Visit **www.boystown.org** to learn more and apply on-line today! We offer competitive salary and great benefits. Drug Testing/EOE

The Legacy Hotel and Meeting Centre true preferred boutique hotel offering our gues he best service, best product and the best tockville has to offer.

SALES MANAGER
Responsible for securing new accounts and man aging current accounts. Selected candidate MUST be comfortable and capable of making multiple outside cold calls to new prospective and or xisting accounts.

CONCIERGE/SERVICE
SPECIALIST
Looking for a polished professional with a winning smile & great attraction.

eat attitude.
Please email resumes to: Rosalind.McCollough@ TheLegacyRockville.com

WASHINGTON, D.C.'S "BEST KEPT SECRET"

National Children's Center (NCC) is a private nonprofit agency providing educational, social nd clinical service to infants, children, and adult

h developmental disabilities is in search of: SPEECH LANGUAGE PATHOLOGISTS, PHYSICAL THERAPISTS, OCCUPATIONAL THERAPISTS, PSYCHOLOGISTS, L.P.N'S / R.N.'S RESIDENTIAL COUNSELORS,

NCC OFFERS: FULL & PART-TIME, ON-CALL POSITIONS FLEX. SCHEDULE & ATTRACTIVE BENEFIT PKG.

Please forward your cover letter and resume to: NCC 6200 Second Street NW Washington, DC 20011, Attn: Recruiter E-mail: hr@nccinc.org or fax: 202-722-1178

Hotel

Front Desk Clerks

Small hotel Dupont Circle. FT. Call 202-293-1889 Mon-Fri 12-5p to schedule interview.

LB&B Associates Inc., a privately held, LD&B ASSOCIATES III., a privately field, nationwide, diversified services company, has a 15-year successful history of providing Military Simulation, Broadcasting, Facilities Operations and Maintenance, Fueling, Base Operations and other support services to our customers. We are currently seeking qualified candidates for the following positions: following positions:

Washington DC

Washington, DC

Audio Visual Technician: Operates professional
cameras, broadcasting and audio equipment
including integration of audio sources and sound
reinforcement. Requires 1-3 years of experience
or college in related field and a working knowledge of videoconferencing equipment, film projection, and broadcasting or television studio
operations and of editing requirements and techniques as an assistant editor for AVID Adrenaline
system and video senger. vstem and video server

Chief Engineer: Must have 8 years experience in a Central Plant working on the following equipment: chillers, boilers, thermal storage, pumps, and heat exchangers, HVAC Systems, Building Automation Systems, Life Safety Systems, Utility Services, Electrical Power Distribution, Plumbing and Facility Maintenance Management. Four plus years experience with contract procurement (estimating and bidding), and a DC First Grade Stationary Engineer License required.

College Park, MD

College Park, MD
Engineering Manager: Must be capable of providing staff supervision for departmental work schedules and assignments for the safe and efficient testing, maintenance, and repair of all physical plant machinery, heating, cooling, piping, and electrical systems; acts as backup and support for boiler and general maintenance engineers in interpreting mechanical specifications and operational manuals. Must be able to work in Auto CAD environment, modify drawings, and prepare as-built drawings and have a 4 year degree in Engineering.

Stationary Engineer: Must have 4+ years experience in operations and maintenance of Physical Plant and Government facilities and must posses a Maryland 3rd Grade Stationary Engineers

Quantico, VA

Quantico, VA
Audio Visual Technician: Candidate should
have at least 5 years experience in the AV
installation business and experience with AMX
control systems. Other qualifications include
cable terminations such as BNC, CAT5, 9 pin
serial, and coax etc, capable of installing
audio/video equipment, rack building, experience
troubleshooting systems, and the ability to read
and create Auto CAD or Visio drawings.

Anacostia VA

AnacOstia, VA
Administrative Assistant: Position responsible for receiving and inputting service call requests and performing general administrative tasks such as answering phones, organizing new-hire paperwork, and collecting time-sheets for payroll. Candidate must have an accounting background and a current Government clearance.

Utility Cleaner: Duties to include: sweeping, mopping, scrubbing, and polishing floors; removing trash and other refuse; dusting equipment, furniture/fixtures; polishing metal fixtures or trimmings; providing supplies and minor maintenance services; and cleaning lavatories, showers, and restrooms. Full-time and part-time positions available. Candidates must have a current Government clearance.

All interested candidates should submit their resume to employment@lbbassociates.com or fax to 301-596-7879. Please include the position you are applying for and your salary requirements in the subject line.

LB&B ASSOCIATES INC. EOE M/F/V/D

Maintenance and Janitorial

Mgmt Co seeks exp. maintenance personnel only for 184 unit Apt. Community. Must have own tools and reliable transportation. Janitorial position available – cleaning of common areas, grounds. Plse fax resumes (202) 561-7314

Medical Biller - with Medisoft exp. Office at Providence in DC. 4-6 hrs/wk as Biller & consultant. Flex days & hrs. Call 301-275-6222

MUSICIAN/DIRECTOR

Immed. position available. Spiritual, Anthem, Gospel, Contemporary. Fax or email resume to 301-249-6726 or ajones@gmnebo.org

Political Analyst,
Assistant Analyst,
Editor

Democratic polling firm seeks analyst, assistant
analyst, and editor. Applicants must have strong
work ethic, interest in politics and attention to
detail. Prefer but not required: survey research and
writing experience. Please fax resume to 703-7390079 or e-mail resume to: jobs@coopersecrest.com

Property Management Certified Occupany Specialists need only apply FAX resume: 202-561-8054

REAL ESTATE

New Home Sales Manager - Northern VA

1 Yr experience required working directly for a new home builder. Must be energetic, dedicated and personable. Email resume to HR@comstockhomebuilding.com or fax resume to 703-760-1520. EOE.

Real Estate

Multiple New Home Sales Assistants

For Northern Va. locations. No experience necessary. Weekends required. Please send resumes to HR@comstockhomebuilding.com or fax to ATTN: HR at 703-760-1520.

HUNTON -WILLIAMS

Receptionist--Tysons Corner

Hunton & Williams LLP was recently listed among Working Mother magazine's "Top 50 Best Law Firms for Women." This is an excellent opportunity to join the collegial atmosphere of this reputable law firm.

We are seeking a Receptionist to join our Tysons Corner office. Ideal candidates must have at least two years of Receptionist experience, excellent interpersonal skills, professional image, strong knowledge of WORD and ability to juggle multiple tasks. Flexibility for overtime needed. Candidates should send cover letter and resume to Recruiting at:

ting at: MC_StaffRecruiting@hunton.com

We offer quality of life, flexibility, camaraderie, excellent salary and benefits. Submit cover letter and resume to:

MC_StaffRecruiting@hunton.com
Visit our website at www.hunton.com EOE

Restaurant: Italian restaurant hiring FT PT waiters, bus boys, delivery drivers, dishwasher, bar help, and experienced line cooks. Please fax resume to 202-775-7225, or apply in person between 3-5 pm 1132 19th St., NW. Must bring proof for I-9 form.

POTBELLY

We're looking for DAYTIME Sandwich Makers,
Shake Shakers, and Cashiers!!
We're hiring 'em all!!
JOB FAIRS
Tuesday, Wednesday and Thursday
3pm-5pm.
Location:
726 7th St. NW
Gallery Place/Chinatown metro station
www.potbelly.com

www.potbelly.com

estaurant

Prep and Salad Chef

Prep and Salad Chef orporate catering company hiring experienced rep and salad person. Experience Only. ust have great work ethic and organizational ills. Must be able to work in high volume at fast pace. Work schedule Monday thru Friday, o nights or weekends. 401K, paid vacation and deral holidays. Weekly salary based on experince. Located at the Dupont Circle Metro. Please forward your resume to: CNFCATERING@GMAIL.COM Or call 202-293-0515 to apply

The Key Shop Pennmar Shopping Center For restville MD ft/pt will train. Pay \$10-20 per hr with incentives 301-736-3795.

SALES Sranite Frabricator seeking an **experienced Per-son to read Blue Prints & Compile Estimates**. Good Salary /Benefits. EOE. Good Salary /Benefits. E Call: 703-980-9900

Field Measurement Technician needed. Gran ite Fabricator seeking an experienced Counter Top Field Measurement Technician. Min 2yrs Exp. Good Salary/Benefits. EOE. Call: 703-980-9900

Seeking home PC Tutor P/T for help with faxing, scanning, webcam, etc. Call Jim 301-420-8285.

SECURITY OFFICERS

50 immediate openings. Downtown DC . All shifts. Weekly pay, no experience necessary. Apply 9am-5pm, CES Security 8555 16th St, Ste 100, Silver Spring, MD. 301-608-8264.

SECURITY MANAGER

Leading National Security Firm seeks Manager for Washington DC. Manager will be overall responsible for operations within Washington DC to include overseeing prestigious clients' property protection programs with contract security force.

Requirements include Bachelor's degree, experience in establishing and supervising operational procedures for protecting physical property. Law enforcement, Military or related Security Operational Management preferred. Excellent Salary & Bonuses. Fax Resume to 202.833.9478

An Equal Opportunity Employer

Security

JOB FAIR

Immediate openings Immediate openings
FT/PT security officers
Increased opportunities for TS cleared
& GSA A-1 officers
Unarmed \$10/hr & up
Armed \$18/hr & up Full benefits

Friday 1/18 10am- 2pm @ Montgomery Works 11002 Veirs Mill Rd 4th fl # 407 Westfield South Office Bldg (Wheaton Mall- next to Movie Theatre) Red Line- Wheaton

American Security Programs Dulles – 703-834-8900 Greenbelt – 301-762-7799 www.securityprograms.com EOE VA Lic #11-2050

STOCKBROKER

Scottrade, Inc. is a growing discount brokerage firm looking for a Series 7 & 63 licensed Stockbroker in our Rockville, MD office. Scottrade offers an extensive benefits package and competitive bonuses.

APPLY ONLINE AT:

SCOTTRADE.COM

Teachers/Assistant Teachers

lay & Learn at Dulles Corner in Herndon looking or Teachers to provide high quality education or teachers to provide high quality education uzong children. Great benefits. Please contact uzon at 703-713-3983/84; Fax resume to 03-793-2298; Email sangley@va-childcare.com

TELEMARKETING \$75,000 Full Time \$42,000 Part Time Start earning the money you deserve!

Work enthusiastically for our Award Winning Marketing Co

We are located in Laurel@ 312 Marshall Avenue *Call us today*

Novo1 301-361-1111 Drug & bkgrnd check rea'd

CAREER TRAINING

Social Service

Program

Seeking a highly motivated and energetic individual to serve as PROGRAM COORDINATOR for Social Service programs at Tyler House in Washington D.C. Must have excellent verbal and written communication skills and work flexible hours. BSW/MSW degree or related field with minimum 5 years supervisory/administrative experience.

Email resume & salary requirement to

CAREER TRAINING

Work in Spas

MASSAGE THERAPIST

Day and Evening Classes

877.240.4488



1(877) 844-2505

Become a Certified

Computer Technician Career Technical Institute 888.639.6244



1(877) 844-2505

Train to be a **MEDICAL ASSISTANT** NURSING ASSISTANT Americare

877.240.4488



MASSAGE

THERAPY

INSTITUTE

Become a skilled Massage Therapist months!

As an NMTI student, you'll enjoy:

- A school dedicated to massage therapy
 Financial aid and job placement professionals on campus
- A choice of day, evening and weekend classes
 Job placement assistance

Call (888) 300-9617 to learn more today!

Campus conveniently located in Falls Church, VA. Accredited by COMTA. Licensed by SCHEV to operate in the state of Virginia

Coordinator

gaylewashington@nncroizm an.org or fax to 610-278-1734

You can train in 8 months

Financial Aid if qualified Job Placement Assistance

mericare



CAREER TRAINING

Become a LICENSED PRACTICAL **NURSE (LPN)**

in 12 Mos. Very low tuition AIIH 703-486-0111

Learn Medical BILLING & CODING

Financial Aid if qualified Job Placement Help Day, Eve, Weekend



(888) 407-822

${ m T}$ echnical ${ m L}$ earning Centers Inc.

OFFICE ADMINISTRATION MEDICAL ASSISTANT

DIPLOMA PROGRAMS

Receive a Computer At Graduation!*

Ioh Placement Included Financial Aid Available







202.223.3500

1001 Connecticut Ave, NW, Suite 435

*Desktop computer. Call for more details.

Offer expires 12-31-2007.

Become a Medical Billing and Coding Professional

Career Technical Institute 888.639.5627

A Bar Career

- in 1-2 Weeks

 Days, Evenings & Weekend Classes

 Free Lifetime Job Placement Assistance

 Approval by the State of MD

 National Alcohol Awareness Certificate (T.I.P.S.)

 Call for nearest location 1-866-411-2MIX www.authenticbartending.com

CAD

Train for a career in computer-aided design at Westwood College. Call 800-342-2249 today to receive your free Career Success Kit! www.westwood.edu/locations

CONSTRUCTION

MANAGEMENT Train for a career in truction Manageme Construction Management at Westwood College

www.westwood.edu/locations

CRIMINAL JUSTICE

Train for a career in Criminal Justice at Westwood College. Call 888-605-2244 today to receive your free Career Success Kit!

www.westwood.edu/locations

Prepare for a new life!

Make a difference, even with the little ones as an Diagnostic Medical Sonographer. Train in less time than you think!

Career services available Financial Aid for those who qualify. Training includes an externship!

For a Brochure, call now! 888-771-2433 Sanford-Brown Institute 8401 Corp Dr. #500 Landover, MD

Ouality First Career Center Classes start soon

PHLEBOTOMY-10 WK PROGRAM CNA 4 WK PROGRAM, CNA to GNA PROGRAM-72 HOURS, CPR-6 HRS

6475 New Hampshire Ave, #501 Hyattsville, MD 20783 CALL 301-270-5105 Job Placement Assistance

Day/Eves Classes. Approved by State of Md. Board o Nursing & Md. Higher Ed. Comm. www.qfmi.com

RizeUp Technology Training Microsoft Office Specialist Only \$399.00 Call 202.257.4653

www.rutrained.com

TRAIN TO BECOME A **MEDICAL ASSISTANT** IN LESS TIME THAN YOU THINK

Three locations to choose from!

Everest College Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203

Everest College Tysons Corner Campus 1430 Spring Hill Road, Suite 200 McLean, VA 22102

Everest Institute Silver Spring Campus 8757 Georgia Avenue Silver Spring, MD 20910

CALL: 888-259-5889 CTO SCHEV

MEDICAL LEARNING CENTER Offers

Licensed Practical Nurse (LPN)

Certified Nursing Ass't (C.N.A.) Phlebotomy For Details Call:

(703) 527-0055

1840 Wilson Blvd., Arl., Va

Student Loans Avail.

Certified SCHEV

Approved VBON

Start training for success in any one of these great careers...

> Medical Assisting • Biotechnician Dental Assisting Medical Billing & Coding

- Financial aid available to those who qualify
- Placement assistance to all graduates
- Day & evening classes available

Call today! 888.465.0199

Medix School - South is a branch campus or Tri-State Business Institute located in Erie, PA

4351 Garden City Drive, Landover, MD 20785

medixschool.edu

ARE YOU A FUTURE DENTAL ASSISTANT?



ALLIED HEALTH TRAINING - IT'S ALL WE DO!

arlington • alexandria • manassas

WE ACCEPT STUDENTS WITHOUT A HS DIPLOMA OR GED

Call Now: 866-970-8484 www.actcollege.edu

CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS
1100 WILSON BLVD, MALL LEVEL • ARLINGTON, VA 22209

in the healthcare field. Work with Doctors at Clinics, Doctors' Offices and more.

Help Yourself by Helping Others

Train to be a

MEDICAL ASSISTANT

Sanz's Medical Assistant program equips you

with the skills vou need to succeed

Training includes:

Vital Signs **Phlebotomy** Diagnostics

Administration

Accredited by ACCET Approved by

DC Education Licensure Commission Maryland Higher Education Commission State Council of Higher Education for Virginia

- Financial Aid If You Qualify
- Job Placement Assistance
- ✓ Convenient DC, MD and VA Locations Convenient AM, PM and Weekend Classes

Silver Spring, MD

Washington, DC www.sanz.edu

Falls Church, VA

COMPUTER TRAINING

New Location • New Classes Real Networks • No Simulations

Game Plan: Work on the Fundamentals

Global Computer Training Center cto schev schev Certified

East Falls Church Metro • Lee Highway at I-66 Serving Metro DC • Maryland • Northern Virginia http://www.gc-training.com 703 921 1000

We Bring Quality Training to You

CAREER TRAINING

TRAIN FOR A CAREER IN **HOMELAND SECURITY** AT EVEREST COLLEGE

Graduate in less time than you think!

Tysons Corner Campus 1430 Spring Hill Road, Suite 200 McLean, VA 22102

Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203

CALL: 888-249-8108 CTO SCHEV

TRAIN FOR A CAREER IN **CRIMINAL JUSTICE AT EVEREST COLLEGE**

No high school diploma or GED? We have options!

Tysons Corner Campus 1430 Spring Hill Road, Suite 200 McLean, VA 22102

Arlington Campus 801 N Quincy Street, Suite 500 Arlington, VA 22203

CALL: 888-249-8093

Westwood College

Train for a new and exciting career at **Westwood College** Call 877-852-9712 today to receive your free Career Success Kit! www.westwood.edu/locations

BUSINESS AND FINANCIAL OPPORTUNITIES

INVESTORS Wanted—Must have 6204 credit score. Contact Ronald, 202-423-7391

STUFF

8 pc-Sleighbed RM (Cherry Set) New in boxes

BEDS— from the finest hotels in the area. Used kings, queens, & doubles. All sanitized & in excel-lent cond. Hotel Furniture Sellout. 301-209-9417

BLOWOUT SALE!

Hardwood floor \$5.98 sq ft. Carpet \$1.59 sq ft. Price includes installation. **301-341-2499**.

MATTRESS SALE— Sealy, Serta, matt./box spg Kg/Qn/Full, pillowtop & firm. Start \$249.99 W, warranty. Call 240-305-7250 Landover, MD.

The Last Mattress Ad That You'll Ever Read Ige selection, all szs in plastic, \$79-\$279/Basic, Serta & Simmons. Make off. Box spring included. Warr. DC/MD/VA Same Day Delivery avl. A.J. 301-674-2843 www.mattress4less.biz

TICKETS

Bahamas/Florida, \$395 per couple. Bahamas cruise+Florida hotel stay. 5 days. Open date. Buy 1-companion goes free. 757-424-2026.

PETS

2008 BIG TANK SALE Save up to 25% on Oceanic & AGA See Web for Details 744 Cloverly St., Silver Spring, MD 7839 www.scales-tfw.com

301-384-7839

ADOPT A CAT/KITTEN—Vet checked. Call Feline Foundation.

703-920-8665

www.ffgw.org

English bulldog—\$450, Female, 11 weeks yrs old,

FELINE ADOPTION FAIR
Sunday, January 20, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
357 Columbia Pke, Falls Church, VA
tion 703-920-8665 x3
www.ffgw.org.

Information Feline Foundation

POODLE Pups- Toy—AKC/CKC, 4M/2F, Choc, Apricot & Apricot & Red. Hme raised. \$450 to \$750. 434-384-9289 dhenson672@aol.com for pix.

POODLES — 4 Males, 1 Female, black, white & brown. 301-283-0707 \$200

SIBERIAN HUSKY PUPS—AKC, blk/ wht, and gray/white, blue eyes, \$500. 540-877-1567 Winchester, Virginia # J5GF # J5GF

Yorkie—\$550, female, 3months old, shots, wormed, srahfer@yahoo.com 202-944-3611

YORKIES - Taking deposit. \$250 (150nr) 3F & 1M, 4ever home-Jan29. Local Pick 1 or any ?'s Call Don 301-395-5690. \$1000 # J5HB

RENTALS

ALDIE 3 IVI luxury 3BR 2.5BA TH. 1 car garage. Sect. 8 accepted \$1750/mo. Call 703-944-3635 Alexandria—\$1650 2/2 801N Howard gated gar pkg conven 395 metro bus gym/pol carpt WD pet 703-822-1173

Alexandria—\$3000, fully furnished townhouse, 3 br, 4 ba, garage, DW, deck, hot tub, Nr Pub Transp, WD, Hw Firs, Fplc, 3809-A Elbert Ave, Alex. City, VA.

Alexandria - Fairfax County—\$2400, 3-levl, 3 br 2.5 ba, 2 car garage, 6310 Dunman Way, Alex. 703-

ALEX/ROSEMONT Bunglw w/porch, just blks to 2 Metro Stas. Avl now. \$1500. OLREA, 703 609-5868 Alex- Spac 2BR + den. Wlk to Metro. Utils incl. 202-903-7287 \$1595

3br, 2ba, All Utilities included 3334 Woodburn Village Dr, 412-253-0833

3.3.34 WOODDITT VIIIAGE IT, 412-25-3-083. Arlington/Rosslyn Several Locations On-Site Parking, Walk Metro Upgraded Apts, 18.2BRs 703-671-4045 or 703-271-7733 www.carydale.com

Arl. N. EFFC & 1/2BRs \$795-\$1280 + elec. Wlk to Metro 703-528-8736.

1 BRS START AT \$885 **ALL UTILITIES INCLUDED** The Phoenix

- Spacious studios, 1 & 2BRs Wall-wall carpet
- Eat-in kitchen
- European style cabinets Patio/balcony

- 24-Hr. emergency maintenance Garage parking available Nr Metro Mins from BW Pkwy.

CALL TODAY! 866-807-0429

5802 Annapolis Road Bladensburg, Md. 20710 www.TheDonaldsonGroup.com

Bladensburg-3901 53rd St.- Lg 1 & 2BR: frm \$745. AC, new kit & appls, hw firs. Incl utils. 202-362-5919.

Bowie—\$1900, 3br, 2ba,1 1/2ba,3 Fls, new crpt/paint,DW,WD, eat-in ktchn, bsmt w/ Fplc, frml dng/lvng rm, deck, fncd yrd, prkng, 301-395-3770
BOWIE 3BR, 2.5BA, Lease to own, \$1000 down, any cross at limited Capital Loading, 202 301-303 areas avl. United Capital Lending 202-291-0220

Bowle—\$700 Mstr Br Prv ba, \$625 BR w shrd Ba, utl incl, Beautiful N'hood, 410-309-1218 lv msg
Burke—\$1825.00, Beautiful End Townhome with Garage: 3-lvl TH. 3 BR,2 1/2 BA. FP, El-Kit. HW Flr. Deck. WO Bsmt. Patio.W/D. Wlk VRE & Metro. No smoke/pet. 703-378-1984. Avail 2/1.

CAP HGTS— 2BR & 3 BR apts. \$875 & up. w/w carpet. cac. Section 8 ok. 202-657-2099 Capitol Heights- Furn rm, Nr Metro, \$145 & up.

301-602-9120

CAPITAL HTS, MD—RENT TO OWN. No Credit Check. 4BR 4BA. newly renov. \$1597/mo. 800-455-0379, Ext 5605.

0379, Ext 5605.

CLINTON — Huge M-suite + 3 Lge BRs, 3BA. Eat-in kit, huge bsmt w/FP. W/D, BA & wet bar. N/S, No pets. \$1995+utils. 301-793-7800 COLLEGE PARK---3 BR house for rent. 202-271-

College Park—Berwyn Heights \$1995, 4 br, 2 1/2ba, LR/DR, DW, Fplc, great house 202-966-5541 Congress Heights—\$825.00, 1 br, 1 ba, 460 New-comb St, SE, Pub Transp, Carpet, parking, VCHRS welcome, 202-529-7757

Dale City—\$1500.00, 4 br, 2.5 ba, Newly Ren, fenced yard, Cul-de-Sac, Sec 8 avail, 703-850-8840 Derwood—Park Estates \$2,200 or best, 4 br, 2 1/2 ba, 5 min. from Shady Groove metro 240-383-6463 **DISTRICT HTS** 2br, 1F ba, \$1250/mo + elec. Avl now. Sec 8 OK. Call Robert 703-508-2139

Kitchens with black appliances

Access to Metro & downtown DC

State-of-the-art fitness center

The Courts of Camp Springs

6201 Maxwell Drive Camp Springs, MD 20746

Open House Sat. Jan. 19 from 9-4 1-888-731-6453

Newly Renovated Community Huge Floor Plans \$300 off 1st Mo's Rent til 1/31/08

2BR Special \$899 Also some Duplexes Available

5% Discount for Govt, County & Military Personn Convenient to Metro

Text 'WCS6' to #30364 for instant Info & Photos

www.thecourtsofcampsprings.com William C. Smith & Co. *Call for Details

DENIED AN APT DUE TO CREDIT? MD, DC, VA 301-577-5705 www.secondavenueonline.com

FAIRMONT HTS. Rent to own. No Credit Check 2BR. 1.5BA SFH. fin bsmt. lg fncd yd. carport \$1299.5220 Addison Rd. 1-800-455-0379, x 7202

Fair Oaks—Stonecroft, \$1200 + gas/elect, 1 br, parklike, small pet ok, avail Feb 703-256-5333

Falls Church—\$1750-6913 Kenfig Dr, 3 br, 1 ba, lrg yard, near Metro, DC, shopping, school 703-628-7928

FORESTVILI F

PARKLAND VILLAGE APARTMENTS

1 BRS from \$834, 2 BRS from \$974, W/D, W/W carpet, dishwasher. Immediate occupancy. 1-888-288-2159

Forestville, MD - 2 lev, 2 BR, 2.5 BA, eat-in kitch, fenced-in bckyrd. \$1425/mo + util. Call 301-502-6445.

Fort Washington

5% DISCOUNT FOR Military, Teachers, Firemen, & Police! Metrobus at your front door

ROSECROFT MEWS

2428 Corning Ave Fort Washington, MD 20744

1, 2, 3 BRs from \$885

- Washer/dryer in unit Private Balcony or Patio Wall to wall carpet Dishwashers Parking Included PETS WELCOME

CALL TODAY: 1-866-652-4957

Hours: M-F 9-5PM Sat 10-3PM Open late Tues & Thurs

Fox Mill Estates—\$1700, Charming 4 br, 2 ba, 2 Fls, 2 Car gar, great yard, quiet loc, Fox Mill Elem, no smkg. Open House 1/19 2-4pm 12703 Carlsbad Ct., Oak Hill, VA, 703-716-8384

Herndon—\$1900.00, End Unit - in McNair Station, 3 br, 3 ba, 3 Fls, 1 Car gar, Patio&Deck. Fplc, 703-598-7298

comfort Spacious Apartments - up to 1300 sq. ft.

affordability Call for Special Pricing

PIMSI

LANDOVER — Newly renov. 4BR, 2BA, deck, fncd front & back yds, OSP, call 301-801-4110.

Formal d/r, w/w crpt. Ceil.fans, eat in kit & lots of storage rm. T-17 metro bus line. serving Greenbelt

& New Carrollton

Subway lines. No pets allowed Call (301) 577-2096 M-S 9-5 9869 Good Luck Rd, Lanham, MD Mention Ad & move in by 2/1/08 1st month free. Appl fee waived.

FOREST LAKE

ASK ABOUT MANAGER'S SPECIAL

(888) 878-8371

Laurel Lakes Area—\$1375.00, avail immed, 2br, 2ba Condo, Balc, W/D, Hw Flrs, Fplc, prkg, move by 2/1 get \$150 off March rent, 301-455-9650

MANASAS / RENT TO OWN—3BR 2.5BA end TH. Like new. \$1550/mo & \$500 Rent Credit. 703-450-0345

New Year...New Specials at THE NEW

JETU APARTMENTS 869 21st St

1 BR \$700 2 BR \$825

Wall to Wall Carpet

- Resident Controlled Entry
- On-site Laundry & Playgrounds
 24-hr. Emergency Maintenance
 Steps away from Cafe, Shopping & Metro

- 1BR From \$800
- Brick Building Hardwood Floors
- Patio/Balcony On-Site Laundry
- A/C Cable Ready Minutes to Downtown DC

Walk to Ft. Totten Metro

Professionally Managed by William C.Smith & Co./EHO

Fort Totten Apartments 4830 Ft. Totten Dr., NE (888) 653-8664

Huntwood Courts Renovated Apartment Homes in a Brand New Community

Holiday Specials 1BR From \$695 2BR From\$795.

5000 Hunt Street (877) 895-4690 William C. Smith & Co./EHO

NW - 1BR \$907-930 incl utils. Laundry on-site. Ft Stevens Prop 301-316-4590

NW/LEDROIT PK —\$1245+ elec. Fabulous Ige 1BR, immac cond, Nr Metro, Ige clsts, mod kitc, cac, ceil fans, cable/internet,Indry. 202 494-2848, lic agt.

Sherry Hall 2702 Wisconsin Ave.,NW 1-866-856-4184

North Georgetown

- Front facing with incredible views of DC Heat and AC included
- Beautiful Hardwood Floors Sundeck w/ panoramic views
- On site Laundry 24 Hr maint on site Walk to shopping/dining

Professionally Managed By William C. Smith & Co./EHO

OXON HILL/Sunrise Gardens Very Ige 2BR/1BA w/balc. \$895. 1001 Marcy Ave. 703-474-3977

OXON HILL
THE OAKS AT PARK SOUTH Pay \$1.00 And Security Deposit to Move In. Get January & February Free! 1, 2, & 3 BEDROOMS FR \$745

Large Gourmet Kitchens
 Wall to Wall Carpet
 Parking included
 Metrobus at your front door
 Minutes from the New National Harbor & Stadium

1-866-652-4957 5400 Livingston Terrace, Oxon Hill, MD 20745 Hours: Mon-Fri 9-5PM; Sat 10-3PM; Open late Tues & Thurs We are a pet friendly community *Restrictions Apply

Park Berkshire

Apartments 2008 Specials Save \$1,200.00

> Call for details 301-735-3200

<u> PINACI</u>



Pentagon City—2BR/2BA, secure building, with LR/DR, office area, 2 parking. Both BRs are master's. \$2500/month. Call (808) 384-3848

New Carrollton—fabulous 3br/2ba; many amenities.

301-322-1977

301-322-1977

301-3297-4772, Say G'8PZ to 270!

2 Months FREE!* 白 Take additional \$100 off/month!* Spacious 2BRs & Townhomes Washers/dryers in each home Cozy fireplaces (in most apts.)

Hermitage Square

convenience 5 minutes to Glenmont Metro 10 minutes to Wheaton Plaza

3213 Hewitt Ave., Wheaton, MD 1-877-632-8211 www.rimsi.com

Huntington—\$1700, 2 br, 1 ba, 4850 EISENHOWER AVE, ALEXANDRIA, VA, 202-247-5792

HYATTSVILLE - Rooms for Rent off of New Hampshire Ave. 240-367-1083

New Hampshire Ave. 240-367-1083
HYATTSVILLE/Capital Plaza Area—4 BR, remod.
W/W, W/D,new kit, ficd yd w/OSP, CAC, Sec 8
ok, \$2000/mo. 301-502-1243 or 410-991-1489
HYATTSVILLE
COURTYARD PARK APTS.
TAKE \$300 OFF YOUR 1ST mo. rent
1 & 2 BRs fr \$800 INCL UTILS.
DIANE, 301-779-6037 for details
(SORTY NO Dets)

Landmark—\$1200 + electric. Spacious 1 br condo Nr 395/495/Van Dorn Metro, carpet, WD, parking, new appliances. 202 396 4259

new appliances. 202 396 4259

LANDOVER — Newly renov. 3BR, w/deck front & back fncd yd. 301-801-4110.

LANDOVER — newly renov. effcy, 1 MSBR w/full bath, LR, kit, sep entr, fnce front & back yds.

301-801-4110

Lanham/ Greenbelt – Forest Lake Apt. Spacious 1-3 Br. apts. All utils Incld. Playgrounds, 24hr. maint. on site. On

APARTMENTS 9869 GOOD LUCK ROAD LANHAM, MARYLAND 207 Phone: (301) 577-2096 Fax: (301) 794-7246

ANHAM/SEABROOK EHI pacious one, two and three-bedroom apt. home

- ASK ABOUT MANAGER'S SPECIAL!
 All Utilities Included

 Washer/dryer in each apartment
 Sep. formal din. rm/step-down liv. rm
 Generous cabinet, closet & storage space
 Luxurious bathrm vanity w/Hollywood lighting
 Plush wall-to-wall carpeting
 High-speed internet and cable available
 Sparkling swimming pool with sundeck
 Playground and picnic area
 Minutes to the Metro & walk to MetroBus
 Close to Greenway Shopping Ctr. & Beltway
 Plaza, easy access to B.W. Pkwy, I-95 & Bltwy.

COUNTRYSIDE

www.thedonaldsongroup.com

FREE UTILITIES!!

\$200 Gift Card Must move in by 1/31/08

1-877-814-0692

301.897.9544

*Must sign a 14-mo. lease

& move in by 1/25/08.

RENTALS

comfort

Roomy floorplans-up to 1000 sq.

convenience

Near Washington Hospital Center, Univ. of Maryland & PG Plaza

affordability Student & Military Discounts!

2500 Queens Chapel Rd., Hyattsville, MD

1.877.896.4045 www.rimsi.com

RIVERDALE— 3br 1.5ba SFH, Irg bk yard, nr shopping & pkwy. Great loc. \$1730+ utils 202-421-3514 Why USA

SE Cascade Park Apts

5 building community w/extensive renovations underway, apartments available for immediate occupancy.

4BR \$1600 2BR \$975

3BR \$1495 1BR \$695.

On-site Management

Call 202-562-1600 www.novodev.com

SE—Effics & 1 & 2 BR apts. \$632/mo & up + electricity. No pets Call 202-265-4814 or 202-889-4083. Fred A.Smith Co.

· Off-street parking

· Convenient to shopping

THEARC Just Blocks Away

• Large floorplans • Spacious closets

Wall to wall carpet • Laundry on-site

• Free Shuttle Bus to New Super Giant

2000 Ridgecrest Ct., SE

1-866-505-8057

Riverdale

5% DISCOUNT FOR Military, Teachers, Firemen & Police

Call About Our Great Special

Move in w/just \$300 by Jan. 10th* Application Fee Only \$10.00 w/first visit

* Must be credit approved

MetroBus at your front door On-site laundry, Gourmet Kitchens Wall/Wall Carpet, Private Balconies

JEFFERSON HALL

5402 Kenilworth Terrace Riverdale, MD 20737

301-779-3818 Hours: Mon-Fri 9-5PM; Sat 10-3PM

ROCKVILLE/GAITHS—Lrg 182BR. 1mo free, Lots of discounts. All utls/cbl incl. Unfurn/Furn/Corp. Balc. Nr Metro, park w/ gym/pool, grocery. 301-948-0087.

readexpress.com

X571 1x

Utilities

RENTALS

Rockville

EHO

Rocklin Park 708 Lenmore Ave. Rockville, MD 20852 301-294-9448

2 BR Special \$975

- **Great Location**
- Remodeled kitchens
- Wall to wall carpet
- Walk to Metro
- On Metro Bus route
- Convenient to shopping and dining

William C. Smith & Co./EHO

1 & 2 Bdrms. fr \$735

- Great location in a park-like setting Gas, hot water & heat included. Laundry facility on property. Intercom access to every bldg.

Banneker Place Apts.

Call for Details (202) 584-1688



SE —1 & 2BR on Grn Line. Renov, Secure, quiet blding. Voucher Ok. 703-780-0040 Leave Message.

SE — 2 BR apt, Sec. 8 welcome. \$800/mo. Call 703-850-3627.

SE — 4020 Livingston Rd - Balc, new kit, lots of closets, incl. utils. 1&2BRs from \$645. 202-362-5919

OXON RUN MANOR 4TH& MISS, AVE, SE

Handicapped Accessible 2 B/R
W/wsaher & dryer. Modern Appliances
Gated Community, controlled access
prvt enclosed parking. \$1050/mo.
Check Availability of other 1 & 2 BR apts
CALL (202) 574-2200
9AM-5PM MON-FRI

S.E./Forest Cove —2BR Condos, w/d, CAC \$875 & up, 202-889-9226.

SE---renov furnished rooms for rent, all util incl, free

GO GREEN with a

1-year free public Metro Bus and Rail Pass.

Meadowbrook Run

1-877-819-3121

Open House Saturday, 10am-4pm

- 2BR starting from \$799
- Free Application Process witih this ad
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

William C. Smith & Co.

New Anacostia \$99 SECURITY DEPOSIT

MARBURY PLAZA

Minutes from VA. Downtown DC.395 & Metro

1 BR RENTS START AT \$800* **EFFICIENCY RENTS from \$650***

> **UTILITIES INCLUDED** FREE APP FEE W/THIS AD

> > 888-798-1916

for qualified applicants Must move in by 1/19/08 beaconmanagement.com

Shirlington—\$1750.00, 3 br, 2 ba, 3 Fls, 3601 S. Four Mile Run Drive, Arlington, VA, Nr Pub Transp, Newly renovated with w/w Carpet, W/D, parking, 301-651-6855

SIL SPG/GA AVE & BELTWAY/FOREST GLEN METRO— 2BR \$1150. utils incl. 9-5 Mon/Fri.301-681-2776

Silver Spring—Sunny 2BR, 1BA condo for rent. DW, W/D, parking. By appt only. Call Tom 301 706 5680. Thanks.

Silver Spring—\$2250, 2800 sqft Colesville Colonial, 4 br-4den, 2 full-2 1/2ba, Form DR+LR, Lrg Kit+eat-in, FamRm w/fplc, Lrg 2Car gar, deck w/spa. Call Karen, 301-466-0915.

A GREAT PLACE TO COME HOME TO!

1 Month Rent Free* **WOODVALE**

This beautifully landscaped community features
New Cabinets, New Carpet, New Appliances
and So Much More
Celling fan in kitchen
Tile Entrance Foyer
Washer & Dryer in all homes
Swimming Pool/Tennis Courts
Wooded picnic areas
Now under new management!

Call Today for details (866) 522-5427 trictions may apply

Southeast

2 & 3 Bedrooms \$9 million renovation

The Village @ Chesapeake

- W/W carpet
- Hardwood Floors
- Central Air
- Near DC/MD METRO
- On-site Laundry
- 24hr. maintenance
- Future On-site Learning Center
- Affordable
- Section 8 Welcome
- Subject to criminal and credit checks

1-877-275-1129

Move-in Specials

M-F 8-6, Sat. 10-2

A VESTA PROPERTY



THE ULTIMATE **CURE FOR** APARTMENT ENVY.

- · Lofts and designer amenities
- Located on the Metro (Red Line)

ARCHSTONE WHEATON STATION

11101 Georgia Avenue Wheaton, Maryland | 866.744.2778 ArchstoneWheatonStation.com



EHO

Woodberry Village

- · Beautifully landscaped community
- Free Metro shuttle
- · Close to THEARC
- Spacious floorplans · Wall to wall carpet
- · Resident controlled access
- · Laundry Facilities on site
- · Premier Splashpark for residents Convenient to shopping
- · Off-street parking
- · Walk to Brand New Super Giant

2224 Savannah Terrace, SE

1-877-228-6469



1 BR STARTING AT \$655



William C. Smith & Co. www.wcsmith.com





www.wcsmith.com www.thearcdc.org ASK ABOUT OUR SPECIALS

Ridgecrest Village

LEASE AT **ENCLAVE** SILVER SPRING!

Call Today to schedule your personal tour and to learn about our exciting move-in

ENCLAVE

866.357.5909

enclavesilverspring.com 11225 Oak Leaf Drive • Silver Spring • MD

RIVERSTONE

I BUY HOUSES. NO EQUITY OK. REPAIRS OK. HIGH to LOW END OK.

I PAY CLOSING. Guaranteed Offer. 1-800-797-3931 24 Hr Rec Msg We pay for referals angelabell777@yahoo.com

Classifieds

RENTALS

Southwest

Oak Park Apts

TEMPLE HILLS

COME CHECK OUT OUR NEW LOOK!!!

HEATHER HILL APARTMENTS

5837 Fisher Road Move in by Jan. 14th and receive 1/2 month off on all bedrooms

1 Bedrooms from \$815 2 Bedrooms from \$1200 3 Bedrooms from \$1295

Interior/exterior renovations
Fireplace in top-floor units
Controlled card access
Large pets welcome
Fitness Center coming 2008
Shopping & great restaurants close by
Gas/water included
Laundry room in every building

888-332-7740

*Restrictions apply

WALDORF—RENT TO OWN, NO CREDIT CHECK 3BR, 3.5 BA TH, by Charles Town Center. \$1599/mo. 12467 Turtle Dove PI 1 800 455-0379 X 7102

Living At Its Finest...

MOVE IN IN JANUARY-

FEBRUARY IS RENT FREE

1BRs from \$1317

2BRs from \$1516

Only Steps to Metro, Restaurants, Museums Verizon, Chinatown & More!

Washington Apts 1201 6th St, NW

Washington Square

1-866-296-5826

White Plains—\$1900.00, 4 br, 3 ba, townhouse, Waldorf MD, WW Carpet, Form DR, Form LR, WD, eat-in kitchen, 301-292-5410

WHY RENT WHEN YOU CAN BUY?

Lux 2BR 2BA condo. Appx \$1150/m. New, Posh, Gated. HWF, Gran. tops, SS Appls., Jac. Tubs & More. Metro 1 Blk. Mary, Realty Execs 202-561-6261

Woodbridge—\$1395.twh for rent 3br.1 1/2ba, call

Woodbridge—\$1375, 3 br, 2 ba, 13407 Orchard Dr., Woodbridge, VA, DW, deck, WD, Fplc, 703-628-4457

Woodridge—\$2450, 3 br, 2.5 ba, 3040 Thayer St NE, steps to Brookland/R.I. Metro. Hdwd, granite, stls appls. 240-461-6725. All new, Rent to own.

30. Sat/Sun 10-4

comfort,

convenience & affordability

Gated Parking
1 Block from New Convention Center
Rich Berber wall-wall carpet
Laundry Facilities on 2nd Floor

Open Monday-Friday 9am-5:30. 202-737-2206

Limited time only

DOWNTOWN/NORTHWEST

25 Ivanhoe St. S.W.

Comfortable & spacious renovated 1 & 2BR apts. Bus stops in front and close to 295. Please call Tony at

202-270-4442, 202-562-1600

www.novodev.com

CAPITAL CROSSING

1-866-204-8061

1BR Special \$799 2BR Starting @ \$930

RECEIVE \$200 UPON MOVE IN with this ad

Text 'WCS16' to #30364 for Instant Info & Photos

- Newly Renovated Community
- Spacious Floor Plans
- Convenient to Metro
- Available for Immed. Occupancy

William C. Smith & Co. www.wcsmith.com *Call for details

METRO-CONVENIENT UTILITIES INCLUDED! SILVER HILL APTS.

- Newlyremodeledapt.homeswith new kitchens
- · Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parkingDirectly across the street from Census Bureau

SPECIAL: \$300 Sec. Dep. 1 Mo. Free on 13 mo. lease 1 & 2 BRs from \$765 301-423-3131

SW/Water/Stadium 1BR, yard, Metro \$675+. 102

Temple Hills Lrg 1BR, 1 Blk to Subway, \$775 incl Utils. 202-547-0768

TEMPLE HILLS — Petite TH. 2BR 1BA: Upper level. LR, DR, Kit, W/D, closet: Lower level. Sec 8 ok. \$1175/m. Call **301-203-3038**

UPPER MARLBORO—Houses rent to own. From \$1300- \$1800. Catherine Holroyd, Exit Premiere Realty, 202 391-2347; 301 560-6700

OXON HILI

Maple Ridge

Colonial

888-583-3047

- Gated Community
- Free Gas & Water
- Free Gas & water
 Dishwasher (selected units)

 Saturday 1/19
- Swimming pool
- State-of-the-art fitness
- Free 6 week summer camp

center

FREE UTILITIES

• Swimming pool • Free 6 week summer camp

Private balconies/patios

 Minutes to Metro, DC, Virginia, and 495



OPEN HOUSE

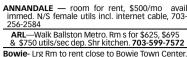
Fletchers Field : FREE UTILITIES Free Application Fee • FREE UTILITIES **Apartments** 866-805-0782

5249 Kenilworth Ave. • Hyattsville, MD 20781

. Spacious and modern apts

- Wall to Wall carpet
- Nishwasher
- Private balconies/patios

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4 **CALL FOR FANTASTIC SPECIALS!**



Bowie- Lrg Rm to rent close to Bowie Town Center Great Loc. Well kept hs. \$535. Amanda 410-903-7518 FAIRFAX—F to shr home, 1 rm, pvt entr/ba, shr kit, all utils incl. \$675. Month to month. 571-235-3333.

ROOMMATES

Fair Lakes—1 br avail \$500, in 3br 2ba apt, pool, dw w/d hlth fac, no drugs/alcohol, call 571-268-3950 FT WASH. Beautiful house to share \$125-\$225/wk includes utils. Call 240-565-8451.

FT WASH Shr SFH. Fully furn Rm w/ refrig, microwy, CATV, free phone. \$175/wk + sec dep. 202-253-6203 Hyattsville—\$1050.00, 1br bsmt apt w/ba, w/d,

kitchen, & Ig living area w/fplc. New carpt, paint Incl util & pkg. Share backyard pool & hot tub. Near bus, Metro, UMd 301-927-1070

HYATTSVILLE— Lg, clean furn'd rm, utils incl. Nr Metro/UMD, Share, 2 Fs, \$325 ea. or \$595. Prof'l. 301-422-9297, 301-275-8821 or 8823

Kingstowne—\$750, 1 br w spc bsmt in upscl hm, 1 ba, 5647 Tower Hill Circle, Alexandria, VA, evrytrincl, 202-997-1744 fml only mst see **Lanham** - Room for rent w/shrd BA. \$175/week. Call 202-330-7265 or 240-304-4482.

LARGO—large rm \$299/mo, close to shopping & Metro, M, N/S, Call 301-219-4171.

Laurel - 2 BR w/ shrd BA, 1 min from Laurel mall 8 30 secs to bus stop. \$600 incl util. Call 202-246-

NW - RED LINE 2 VACANCY'S, Shr Kit & BA, Al Utils., Net, N/S, Sec Dep, Ref's.\$500 & \$625 202-271-2704

Rockville—20852-pro M/F \$635/m upr IVI decent no-judgment OK to share, 301-881-8270 or 461-

ROCKVILLE — 3 rms avail w/ shared BA. Non-smoker. \$550+uts and \$350+utils. 301-442-4601. WHEATON---clean room in huge condo to shr. Metro, subway, shopping, pool, balc, CAC, modern Kit. \$525 incl util 301-526-6011

CONDOS FOR SALE

Alexandria/Watergate- 2BR, 2BA Pool View, \$285K. Two 1BR Units, \$238K to \$268K. W/D, In/Out Pools, Tennis, Metro Shuttle. 571-277-1831 \$568000

Superb Location, Gorgeous View 2Bed+2Bath Top Flr 1000sf Steps to metro, 180-deg View, 1 Garage, (703) 465,7929 [www.hartford607.com]

Deanwood

\$255,000

320 61st ST NE
Brand New 3BR 2BA Condos full of style & comfort.
2 blks from DC/MD line & Metro. OSP, Open (1-5)
LaTanya Drayton 301 787-5000
Remax One 301 464-0044

RENTALS

HOUSES FOR SALE

A Deal You Can't Refuse! 2BR 2BA Brand new condo approx. \$1150/m. Realty Execs. 202-561-6261

BOWIE 5BR. 3BA completely remod. Ig new add. quiet cul-de-sac. 1/2 ac lot. Only \$459,700. App. at \$525K. 12405 Ransom Dr. 1-800-455-0379 x 8102. **Clinton** - \$265,000. 4 BR 3.5 BA 3 lev TH. Exit Premier Realty. Ms. Reese 301-560-1108 or 301-

CONGRESS HEIGHTS - Motivated Seller, Lovely TH 3BR 2FBA 2HBA, fam rm, 1car gar, dck, Call Jovce Elam Re/Max Allig, 301-918-3441

DISTRESS SALES— Free list with pictures of bank foreclosures and power of sale properties. Free 24-hr recorded msg 1-800-910-0453 X1042 BOWIE— 4BR 3BA, pool & hot tub.

DISTRICT HTS/Holly Hill \$158,950

ALL CLOSING PAID— Renov. 2BR 1BA top fir condo w/huge balcony & much more. \$500 moves you in.L. Burton. Re/Max One. 301-335-7687.

FORT WASHINGTON—SFH \$249,000

4BR, 2 BA. F. Pegues, 301 802-4568

Exit Premier, 301 560-6700, x1106

LANCASTER CO. VA —Windmill Pt. 2 lots on Little

LANCASTER CO, VA —Windmill Pt. 2 lots on Little Bay, Fab sunsets, each lot over 2 acs, Starting at \$400.000. Donald Downs 757-464-1919

LAUREL — 3BR TH @ Mayfair. 1-866-403-2069
ID#2164 Distressed Sales, Bank Foreclosures, Free Lists of Foreclosure Properties w/ Pics 1-877-677-4593 ID#2642

NE/TRINIDAD \$310,000
Duplex W/ 2 1BR units. Grt opportunity! Call 703-403-0748 Jobin Realty.

Rockville \$4 Handyman Special. Cheap. Cash 4 br, 3.5 ba, 3 Fls, gar, 888-396-4246

SIL SPG—Newly remod. TH, 3BR, 2 BA, \$260,000. No bank qualifying, no credit check - your job is your credit. 240 603-1732

UPPER MARLBORO— 3 IVI TH end unit, 3 BR, 2.5 BA. \$235,900. Catherine Holroyd, Exit Premiere Realty, 202 391-2347; 301 560-6700

UPPER MARLBORO — \$272,000. th, 3BR, 3.5BA, brk end, Cheryll March, Exit Premier Rity, 301-806-8117, 301-560-6700 x1103

LOTS & ACREAGE FOR SALE

BRANDYWINE, MD— Three 5 Ac wooded, perked & recorded lots w/many hardwood trees, listed at \$199,900 each. Phil. 301-752-1931. Jobin Realty Stafford \$75K & King George \$62 Lots-5 m to Fredricksburg,VA. Drilled Well, 3BR, Clrd, Ready4Build. 540-846-7250

REAL ESTATE SERVICES

\$34,000 NOTE—paying 14% interest secured by \$325,000 home. Call 1-800-455-0379 X6012

Geeks Buy Houses!- Close within 72 hrs. CASH-FAST.1-877-23-GEEKS www.GeeksBuyHouses.com

RENTALS

Parkview Gardens 888-251-1872

1, 2, & 3 BR Apts Huge 2 BR Townhomes



*Selected 1&2 BRs

CALL NOW

FOR OUR

6400 Riverdale Road • Riverdale, MD 20737

NOW A GATED COMMUNITY

Beautiful Kitchens - Granite Countertops

- Fitness Center on Property Washer/Dryer (select units) Free 6 week summer camp
- Wall to Wall Carpet Outdoor & Indoor Pools

Riverdale Roomy, Modern Apts • Private Balconies/Patios Village • FREE APPLICATION FEE

800-767-2189

• Free 6 week summer camp

. Cathedral ceiling *select units • 1, 2, & 3 BR AVAILABLE.

5409 Riverdale Road • Riverdale, MD 20781 • HUGE 2 BR TOWNHOMES

• FREE UTILITIES

Tings Square

• FREE UTILITIES

• Walk to Metro
• Walk to Elemen
• Daycare on Pre 877-898-6958

• Walk to Elementary School

• Daycare on Premises

• Free 6 week summer camp

• Security Deposit payment plan 3402 Dodge Park Road • Landover, MD 20785 (call for details)

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4 CALL FOR FANTASTIC SPECIALS!



WE DO THE LOANS NO ONE ELSE CAN If you have equity, you can get a loan. We still do sub-prime loans and below 500 scores. Call 240-314-0399 X11. **COMMERCIAL REAL ESTATE**

1629 K St, NW.—Office Intelligently: On demand offices, phone, mail, Net, incubator, other svcs. Plans \$55-\$200/mo. OSI **202-508-3896**

DC—Up to 80,000sf, drive-ins, docks, yrd, ofc 202 882-1100, x104.

Gaithersburg— 1249sf ofc space near 270, \$2100/mo+utils Great location subdivisible must see 240-899-3778

CARS

Acura 1992 Legend — L, \$3200.00, Garage-Maintained cond, 193K, Gray int, Blue ext, 4 dr, Mem Seats, Lthr Int, 703-913-0587

Buick 1995 Riviera — MUST SEE Sprchrgd, 18"chrm whls, 108K ml, loaded, new paint & parts, runs great \$3500 obo 301-996-4634

Cadillac 1998 DeVille — MUST SEE \$3800 obo, great cond, 120k mi, Runs Great, Lthr Int, new parts, chrome wheels, 301-996-4634

DODGE 1995 Grand Caravan— Auto, V6, runs great, no dents, green, \$1100. 202-744-7187.

Ford 2005 Mustang — GT, \$23,500, Excellent cond, 17k mi, 20" Cstm Whls, Silver ext, Lthr Int, Shaker 1000, ABS, alarm, 703-569-2654

Ford 1998 Expedition — XLT 4WD, \$6500.00, Excellent cond, 157k, Navigation, Gray int, Black ext, 4 dr, DVD, Lthr Int, 301-523-9254

Ford 1994 Bronco — XLT, \$1800 obo, Good cond, 139k mi, Blue int, Blue ext, 2 dr, alloy wheels, ABS, 301-996-4634

GMC 2003 Yukon XL — 1500 SLT, \$17500, Excellent cond, 71k mi, Tan int, White ext, 5 dr, Htd Seats, DVD, Mem Seats, loaded, 443-532-0502

Honda 2002 Accord — LX, \$8900 obo, Excellent cond, 66k mi, Gray int, Silver ext, 4 dr, CD, PL, airbag driver, 301-728-8349

JUNK VEHICLES REMOVED FREE CASH PAY FOR ALL 202-714-9835

JUNK CARS-

We buy junk cars for \$150. Call **202-907-5343**

KEYSTONE 2006 EVEREST—38 ft. 5TH whl, 4-seaon travel trlr, 27" TV, W/D combo, loaded, list \$52K, asking \$30K. Exc. cond. 410-586-2153

Mercedes-Benz 1982 380SL — Classic roadster, excellent cond, 101,538k mi, red ext, black int, \$12,100, 202-362-0016

Mini 2005 Cooper — \$16000 obo; Manual; Excel cond; 37K; Premium, Sports, Cold Weather pkgs; Premium sound; Black ext; 703-835-0054

Toyota 2005 Camry — XLE, \$15,000.00, Good cond, 39,000, Tan int, White ext, 4 dr, alloy wheels, Sunrf, Md. Insp. ask for Nelson 301-270-9501





Government of the

District of Columbia

Adrian M. Fenty, Mayor

and Capitol Hill work.

Congress in a Nutshell

A half-day crash course in understanding Congress.

www.thecapitol.net/nutshell.htm or CongressInaNutshell.com

Sell your house or condo in Express.

Place your Classified ad today. 202-334-6200.

express

www.readexpress.com

Classified ads appear in Express and The Washington Post.

HEALTHY TEETH & GUMS FOR LIFE

• Perfect Smile in Two Visits

• Invisalign & Implants

• Lumineers

Cleaning

• Payment Plan Available DENTAL KEEP THIS COUPON

\$40 Off New Patient Exam

& Consultation

13895 Hedge nerrywood Lane, Greenbelt, MD 20770, 13673 ne 301-982-3300 HABLAMOS ESPAÑOL 703-565-9000

"Medical Breakthrough For Sciatica"

Tysons Corner – A new free report has recently been released that reveals an amazing new medical breakthrough research has proven 86% successful treating debilitating back pain. Even with multiple herniated discs. Find out how this accidental discovery has lead to the most promising back pain treatment today. For your free report entitled, "How High Tech Non-Surgical Procedures Now Improve Life for Those with Lower Back Pain, Disc Herniation and Disc Degeneration" call 1-800-357-5039 and listen to the toll-free 24 Hr. recorded message for all the details. If phone lines are busy, visit: www.DiscReportVA.com. Supplies are limited - call now.



WANT TO QUIT **SMOKING?**

A phone call and patch may be just what you need.

Researchers at Butler Hospital, an affiliate of the Warren Alpert Medical School of Brown University, along with the University of Maryland are conducting a FREE research study to help people quit smoking. Experts will conduct personal counseling sessions over the phone and participants will receive FREE nicotine patches. If you qualify, you'll participate in a one-time screening and evaluation at the University of Maryland and could be reimbursed up to \$120 for your time and effort.

For more information, contact The Nicotine Dependence Treatment Program at 1-877-857-5764.

CENTER for

DO YOU OR SOMEONE YOU KNOW NEED FREE HIV DRUGS?*

It's free to treat

your HIV!*

When it's free to treat your HIV, you're free to live your life.

Call 311 or visit www.doh.dc.gov and click on HIV/AIDS.

One Less Worry.

*Verification of HIV status, income and D.C. residency required for enrollment.

Georgetown build your IT skills
at our Arlington site on the Metro Line

Web Design and Development Starts January 22 **Oracle 10g Development** Starts January 26 **Multi Certificate** Starts February 4 (A+, Network+, MCP, CCNA, Security+) **Certified Information System** Starts February 16 Security Professional (CISSP) **Oracle 10g Database Administration** Starts February 27 **Advanced Web Development** Starts March 29 and ASP.NET Microsoft Certfied Systems Engineer Starts April 14

Call Program Advisor at 202.687.4504 or email cpdit@georgetown.edu.

Call 202-687-4504 http://ccpe.georgetown.edu

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Menswear madness in Milan! | 31

Discussions: de Moraes on awards shows | 32

People: Britney came, she saw, she fled | **34**

Science

One man's dinosaur discoveries earn him scientific respect

Ray Stanford pulls into the lot of a fast-food restaurant on a suburban commercial strip and parks in the back. Wearing high rubber boots and carrying a backpack, he makes his way through the brush and down to a stream bank littered with wrappers and cups.

He's come to track dinosaurs. Stanford, a 69-year-old Texan, has been combing Maryland streambeds for evidence of dinosaurs for the past 13 years. The result is an unprecedented collection of footprints that were left behind 112 million years ago — found in an area where none had been reported before.

Stanford is about the furthest thing possible from a conventional scientist, and his lack of formal training — he has just a high school diploma — is just the start. His first passion, one he still pursues, is UFOs. Dinosaur tracking was just something he happened upon. As it turned out, he has a knack for it.

Stanford has found hundreds of tracks in the suburbs of Washington and Baltimore. They reveal an extraordinary diversity of animals living in one place during the early Cretaceous period — about twice the variety previously seen from that geological period. And he has found the fossilized remains of what he and a Johns Hopkins University paleontologist believe is a previously unknown species, a discovery he lovingly refers to as "Cretaceous roadkill."

"I just find things. I don't know why." Stanford says.

The discoveries have earned Stanford the respect of the scientific establishment, despite his unusual background. He has collaborated

with Ph.D.-holders on papers and is working with the Smithsonian Institution to find a permanent home there for his collection.

Matthew T. Carrano, curator of dinosaurs at the Smithsonian's National Museum of Natural History in Washington, is used to get-

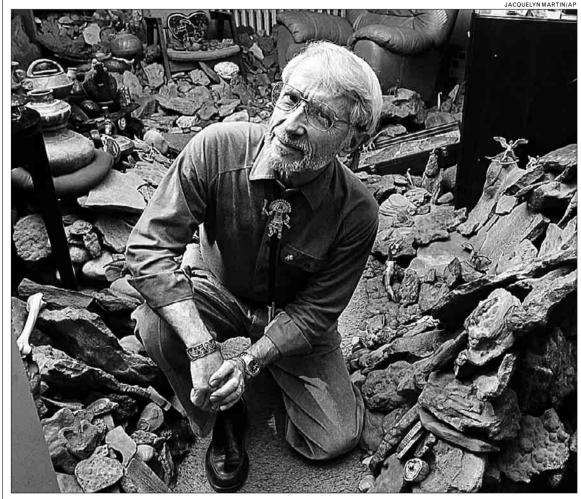
66 There's nothing

strange about seeing more UFOs after you've seen one — and, likewise, dinosaur tracks."

RAY STANFORD, DINOSAUR TRACKER

ting calls from people who believe they've found dinosaur footprints or eggs. More often than not, they're mistaken.

Stanford was different. "He didn't show me anything that I didn't think was a footprint," Car-



FOLLOWING THEIR FOOTSTEPS: Ray Stanford is surrounded by fossilized dinosaur remains he has found in the past 13 years.

A Knack for Tracks

rano says.

Stanford made his first dinosaur discovery in 1994, while looking for Indian artifacts with his thenteenage children. Having read a bit about dinosaurs, he spotted something that looked remarkably like a track. A few weeks later, he saw something similar.

At first, he assumed they were just random patterns that looked like tracks. But he kept thinking about them.

"Ray, how hardheaded can you be?" he recalls thinking one day as he sat in his easy chair. "Those are iguanodon tracks!"

David Weishampel, a Johns Hopkins paleontologist who plans to publish a paper with Stanford on the new species of dinosaur he found, says the sheer number of tracks Stanford has found is mind-boggling.

"It's, like, why didn't we see it before?" Weishampel says.

Stanford chalks it up to "the birder phenomenon." A person who badly wants to spot a particular rare bird may be unsuccessful for years. But "once they spot it, they will then see it many times thereafter," Stanford says.

"It has to do with an openness in the mind that says, 'Yes, it is here. Yes, I can see it," he adds. "There's nothing strange about seeing more UFOs after you've seen one — and, likewise, dinosaur tracks."

There is one outside factor that

has made tracks easier to spot in recent decades: the region's building boom.

Rapid development has led to more runoff into the region's streams. That, in turn, speeds up the erosion that allows underlying rocks where the footprints are embedded to become dislodged.

Picking up the fragments as they're pushed downstream is a "rescue mission," Stanford says. "Once these things get into the Potomac [River], there's nobody's chance of finding them."

Stanford impresses paleontologists not just with his ability to spot tracks, but also with his ability to identify and interpret them as well.

As he shows a visitor around his

living room, which is crammed with fossils arranged in mounds on the reinforced floor, he launches into vivid stories about each track he picks up. He points out clues indicating what kind of dinosaur made the track and with which foot. He'll note whether the animal was running, skidding or crouching, and often he'll venture a guess about the circumstances.

"This guy was running," he says, picking up a fragment bearing two different footprints.

"Now, we don't know that this was at the same time, but here is a larger, [flesh-eating] dinosaur. ... You could almost think that he might be running after this guy." SARAH KARUSH (AP)



Studies in Good Taste

Food

Heinz innovates by experimenting with ingredients, trends

At a sleek office building outside Pittsburgh, garlic and vegetable aromas mingle in the air. Chefs handle frying pans behind industrial stoves and lab-coated technicians scoop morsels of food into their mouths.

It's a clinical staging area for what H.J. Heinz Co. hopes will become household favorites packaged foods and condiments designed to please palates and entice shoppers across the United States and around the globe.

The Heinz Global Innovation and Quality Center, which opened about two years ago, has significantly bolstered the research and development capabilities of Heinz, one of the world's largest food companies.

Like other big food industry play-



A woman prepares a taste test at the Heinz Global Innovation and Quality Center.

ers, Heinz has invested heavily in product and packaging research in recent years. Companies such as Switzerland-based Nestle SA, the world's biggest food and drink company, have operated sophisticated research facilities for years.

But more companies are now shifting their focus to product innovation, experts say.

And with commodity prices soaring, Heinz executives say their facility gives them new flexibility to adjust ingredients, lower

We still like our

recipes to be very locally tweaked, even in ketchup."

TEN SMYTH CHIEF ADMINISTRATIVE OFFICER FOR HEINZ

costs and quickly adapt to consumer trends, such as a demand for healthier foods.

"Consumer tastes are still very local," said Ted Smyth, Heinz's chief administrative officer. "And you'll talk a bit about how they're ... a little bit more international, but we still like our recipes to be very locally tweaked, even in ketchup."

Catering to the culinary desires of consumers around the world has been vital for the Pittsburghbased company, founded in 1869 and known best for its namesake ketchup. Sixty percent of its sales revenue comes from outside the United States.

Its products — from soups to baked beans and frozen entrees

- are sold in more than 150 countries worldwide, and Heinz executives say that having local managers, brands and facilities has helped the company penetrate diverse markets.

Located in southwestern Pennsylvania, the Innovation Center serves as a research hub for Heinz's global operations. Heinz's chief executive, William R. Johnson, said when the center opened in 2005 that the company would dedicate nearly \$100 million to product innovation in North America alone over the next five years.

The cost of making a product at the facility remains low because all the departments needed to develop a packaged food item are in one location, said Heinz spokesman Michael Mullen.

The center's 200 workers include food scientists, chefs, engineers and package designers. Some have been relocated to the center from other countries to devise new products.

Focus groups gather in rooms lined with one-way mirrors and surveillance equipment. Workers assess the taste and texture of experimental foods in laboratories. Packaging experts build 3-D models of containers or operate machines that simulate the wear and tear of trucks and other vehicles that might transport Heinz products. DANIEL LOVERING (AP)

-10s

70s

5 Day Forecast for the Washington Area











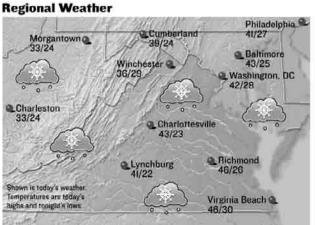






Regional Forecast

D.C. Metro: Today, partly sunny. High 42. Wind north-west IO-20 mph. Tonight, partly cloudy. Low 28. Wind northwest 6-12 mph.



Forecasts and graphics provided by AccuWeather, Inc. @2008

Almanac

Thursday

Washington, D.C., through 4 p.m. Mon. Temperature

riigii	77.6
Low	399
Normal high	429
Normal low	279
Average humidity	56%

Precipitation

0.03"
0.56"
1.48"
0.56"
2.06"
1.48"

washingtonpost.com/weather

Sun and Moon

Sunrise today .	7:26 a.m.
Sunset tonight	5:10 p.m.
Moonrise today	II:07 a.m.
Moonset today	none





Atl Bo Ch Da Der Los

World Cities

National	Cities	World Cities			
City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	
Atlanta	50/26/s	54/34/pc	Amsterdam	45/39/r	
Boston	33/23/c	34/22/pc	Athens	57/48/s	
Chicago	25/20/pc	32/19/c	Berlin	41/36/sh	
Dallas	60/41/s	47/28/c	Buenos Aires	97/73/s	
Denver	42/8/pc	18/4/sn	Calgary	18/6/pc	
Honolulu	76/62/s	77/65/s	Dublin	46/39/r	
Los Angeles	72/48/s	68/45/s	Geneva	46/38/sh	
Miami	71/59/pc	76/68/pc	Moscow	32/23/c	
New York City	36/30/c	41/30/pc	Rome	54/43/c	
Orlando	63/42/pc	67/58/c	Sydney	81/70/pc	
Seattle	42/31/pc	41/33/s	Tokyo	45/35/pc	

National Weather for Tuesday, January 15

Styles

FOOK



Designers unveil menswear musings on Milan runways

While 2008 has just begun, the menswear preview collections currently showing on Milan's runways are all about how a guy should dress for fall-winter 2008-2009.

To make matters worse, the Milan shows are crammed into four days to accommodate a busy Paris schedule the next week.

"Everybody is doing everything fast," Tomas Maier, creative director at Bottega Veneta, said after his show Sunday. "The consumer needs time to understand."

Maier's preview left much room for thought. Seemingly without effort, he balances elegant with casual to create a contemporary country club look. Inspiration for the casual comes from the workman's wardrobe, from chore coats to baggy painter pants. Fabrics range from canvas and denim to sturdy leather.

The more formal wear is as tailored as a made-to-order suit. Jackets are single- or double-breasted

and trousers are wide. Eveningwear is "elegantissimo" but free of the proverbial stiffness that can confine the wearer to an outgrown "Sunday best" look.

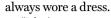
Accessories, a Bottega Veneta forte, include shoulder bags in signature basket-weave leather, woven belts and a rugged roundtoed shoe.

Later Sunday, Giorgio Armani unveiled his Emporio show dedicated to ski resort fashion.

The second-line collection opened with couples in ski outfits carrying skis, walking down a runway dotted with snowflakes.

For each male outfit, from the down coat to the velvet dinner jacket with incorporated silk shawl, Armani had a female counterpart in a lookalike outfit. But while the men wore their trousers tucked into apres-ski lace-ups, the women, except when on the slopes,

A TWIST ON THE ORDINARY: A Dolce & Gabbana sheepskin coat, above left, added extra heft, while Bottega Veneta showed baggy pants with a butler flourish. Emporio Armani kept it cool with sexy ski-slope style.



"It's time to put some order into fashion, starting with gender," Armani said.

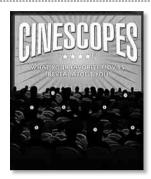
Dolce & Gabbana, one of the hottest labels in trendy menswear, also called for an end to fashion overdose.

"What's happening in fashion is like inviting someone to dinner and stuffing them with double helpings. By the time desert comes around, they can't look at food anymore," Stefano Gabbana said.

As an antidote, the duo's show on Saturday offered up rustic fashion for next winter. Going back to their roots, they outfitted a Sicilian shepherd from macho woolen cap to bulky knit sweater under a hefty sheepskin coat, to the allpurpose leather boots. When he goes to town on business, their shepherd wears a pinstriped suit complete with white shirt and tie, and carries a crocodile briefcase. DANIELA PETROFF (AP)



Books



G, What R You?

We're not the type to consult our Myers-Briggs personality tests before embarking on anything, yet we felt strangely drawn to CINESCOPES (\$15), which claims to reveal one's inner self via one's favorite movies. We were wary of this conceit; after all, wouldn't our love of "The Princess Bride" and "Back to the Future" prove only that we're stuck in the '80s? Yet the book, in addition to giving us some new films to watch and some fictional soulmates - Mr. Incredible, to name one—hada surprisingly accurate take on our character. Or maybe we're just saving that because it called us heroic. RACHEL KAUFMAN

Food



Does Hope Float?

Drink in those childhood memories: This month, Cadbury Schweppes unveiled A&W and SUNKIST FLOATS (\$2 each). No ice cream necessary—justpopthe popin the freezer for 30 minutes and you're ready to go. Sunkist tasted like a "melted orange Creamsicle" to some, while others found it atad flat and overly sweet. Despite the icky, milky brown hue of the A&W concoction, it was more lauded and loved by testers for its "real root beer taste." KRIS CORONADO (EXPRESS)



readexpress.com

site specifics

FREE RIDE

Metro Comes Clean

Long after commuters, tourists and party-goers have left the last trains of the night on Metro, a different crew begins to stir inside. Express' Michael Grass pays a visit to the overnight "enhancement" team that power-washes and scrubs down your station while you sleep. | COMING UP





Year of the Cap

This season, functional vet fashionable lids make it possible to be both chic and toasty when you're out in the cold. Express contributor Ashley Joy Parker takes a look at some of this winter's most stylish toppers for all price ranges. | ONLINE NOW

Briefs Encounters

They came. They saw. They dropped their pants. If you haven't heard about the group of merry pranksters who showed up to drop trou on Metro's trains over the weekend, check out Express contributor Marc Zawel's report from the tan — er, front — lines. | ONLINE NOW



comment board

I have to show my

ID every time I buy liquor, go to a club, board an airplane, go to the bank, make a purchase with my credit card, etc.'

AN ANONYMOUS COMMENTER, WHO ADDED, "WHY SHOULDN'T PEOPLE HAVE TO PRESENT AN ID WHEN VOTING?



international election monitor numerous times, it's a standard requirement that a voter presents a picture ID before being given a ballot."

COMMENTER TIM, WHO ADDED, "OF COURSE WE SHOULD BE REQUIRED TO PRESENT AN ID TO VOTE.



"I don't feel that requiring identification infringes on civil rights. You should have identification as a member of a civilized society.'

COMMENTER GW, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD VOTERS BE REQUIRED TO PRESENT IDEN-TIFICATION TO PARTICIPATE IN ELECTIONS?"

poll center

YESTERDAY'S RESULTS (AS OF 5 P.M.)

SHOULD VOTERS BE REQUIRED TO PRESENT **IDENTIFICATION TO** PARTICIPATE IN ELECTIONS?



"Food prices are skyrocketing, and people are going to eat before they buy ... shoes or a new car."

A COMMENTER AT LEFT-LEANING AMERICABLOG.COM NOTES THAT ALTHOUGH FUEL PRICES ARE HIGH, THE AMERICAN CONSUMER IS GETTING SQUEEZED FROM DIFFERENT DIRECTIONS, DARK-FNING THE ECONOMIC HORIZONS FOR MANY AMERICANS



"[T]he guy sitting next to me on the train seems to be drenched in designer imposter cologne. Am l supposed to be turned on by this?"

CATCHUPBLOG.TYPEPAD.COM WAS NOT PLEASED WITH THE FRA-GRANCE ONE MAN RIDING METRORAIL WAS WEARING, ADDING. "YOU KNOW THOSE AXE COMMERCIALS ARE FAKE. RIGHT?



"QUICK: YOU STUFFED \$195

worth of videos into your jacket and you're rushing toward the exit when you spot Target's menacing security force. What do you do? If you answered 'set lingerie on fire as a diversion,' then you may be as bright as 19-year-old shoplifter Tabitha Bozman."

CONSUMERIST.COM RELAYS NEWS OF A BOTCHED RETAIL HEIST IN OHIO.

"HE LOOKS LIKE a complete [dork], but please keep in mind that his ex-wife has sold 66 million albums worldwide, yet he's the one on television and with sole custody of the kids."

IDONTLIKEYOUINTHATWAY.COM REACTS TO BRITNEY SPEARS' EX-HUSBAND KEVIN FEDERLINE, WHO HAS A CAMEO ROLE ON THE CW SHOW "ONE TREE HILL."

"AT A TIME when partisan bickering has dragged congressional approval ratings to just 25 percent, ${\bf Democrats} \ and \ {\bf Republicans} \ {\bf can}$ agree on one thing: a pay raise for poor performance."

ROBERTBLUEY.COM/BLOG NOTES CON-GRESS' RECENT PAY INCREASE.

Discussions

Golden Globes

Washington Post TV columnist LISA **DE MORAES** and Post staff writer WILLIAM BOOTH were online Monday and discussed Sunday's Golden Globe Awards, the status of the writers' strike and what may lie ahead this awards show season, particularly with the Oscars, which are scheduled for Feb. 24.

I had to turn the TV off. Billy Bush's hair frightened me.

Is he growing a Sanjaya-esque faux-hawk? Seriously, what was going on in the back of his head? I could not get focused on anything he was saying — yes, he has that effect on me in the best of times.

This telecast has settled once and for all that entertainment "reporters" are tongue-tied idiots with absolutely nothing to say and say it very poorly.

There were two parallel universes of celebrity suck-up reporters going on last night during the Globes announcement. Are you speaking of the Billy Bush-Nancy O'Dell tongue-tied idiots over on NBC's slo-mo "news conference" or the HFPA one in which celebrity suck-up reporters were actually announcing the wins — the one in which Mary Hart was the biggest star of the Golden Globe Awards announcement (sob).

Do you think the writers' strike will be settled by Oscars time?

The Directors Guild began discussions with the AMPTP -Alliance of Motion Picture and Television Producers — over the weekend. They have a blackout in place regarding leaking info to the press about details of their talk, but it's been widely presumed from the start of this strike that resolution would not happen until the DGA talks began.

TODAY ON DISCUSSIONS: Washington Post columnist and NFL Insider blogger Mark Maske discusses the latest from around the NFL at II a.m.

| washingtonpost.com/discussions.

GET READY FOR MORE CONGESTION AT DULLES AIRPORT. Dulles International Airport will become a bit larger Tuesday with the scheduled opening of the extension to Concourse B. The addition of I5 gates cost \$137 million. The gates will be used by domestic carriers, including AirTran and JetBlue.

Bizarro | Dan Piraro



Cornered | Mike Baldwin



"You're the watchdog. Do you honestly expect us to believe you didn't see anything?"

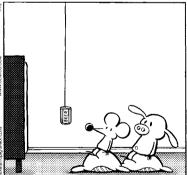
Pooch Cafe | Paul Gilligan

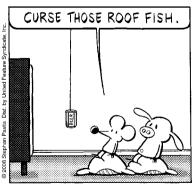




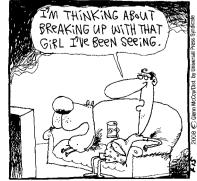
Pearls Before Swine | Stephan Pastis



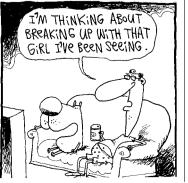




The Duplex | Glenn McCoy







Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) You're going to want to make real contact with someone who has been distant and aloof. It may take some time, so remain patient and calm.

AQUARIUS (Jan. 20-Feb. 18) Camaraderie is likely to form rather quickly between you and one who is indispensable in facilitating your own career ideas.

PISCES (Feb. 19-March 20) Take care that you don't come on too strong; if at any time you are seen as being overly aggressive or threatening in any way, the game is over.

ARIES (March 21-April 19) That which happens by accident is going to have the greatest effect on your own affairs – much to your surprise.

TAURUS (April 20-May 20) What looks unsuitable to one person or another is likely to be just fine for you. One thing isn't likely to be the be-all and end-all. GEMINI (May 21-June 20) With a little patience and a great deal of inner strength, you can win the battle of wills in which you currently find yourself. Don't back down.

CANCER (June 21-July 22) You may be a little more flirtatious than usual. Take care that you don't begin to take yourself too seriously: remember, it's all a game.

LEO (July 23-Aug. 22) Your belief in that which is better can sustain you through what may prove a remarkably difficult day – provided you don't get frustrated.

VIRGO (Aug. 23-Sept. 22) The wheels are sure to be turning all day long, and the ideas you finally come up with are sure to cause quite a stir.

LIBRA (Sept. 23-Oct. 22) This is a good day to consider taking your crusade to those who have not yet had the pleasure of your influence.

SCORPIO (Oct. 23-Nov. 21) You can put that remarkable memory to use in an unusual fashion — and the rewards are sure to have you coming back for more again and again.

SAGITTARIUS (Nov. 22-Dec. 21) You don't want to place your trust in someone else unless you know that someone else is going to take such trust quite seriously.

Letters

New Rail Cars Are a Waste

I HAVE TO AGREE with letter writer Sharon Foster ("Service, Not Design, Flawed," Jan. 14). Metro doesn't need new cars; we need to get to work and home on time. I thought Metro was in a financial hole and that's why they had a very large fare increase. Is this another money waster? Metro is like a child with an allowance. As soon as it gets a little bit more of my money, it spends it on something frivolous like candy and magazines. How about making significant improvements to the tracks and the existing cars instead?

> -STEPHANIE MASON Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1559 England's Queen Elizabeth I is crowned in Westminster Abbey.

The people of New Connecticut declare their independence. (The tiny republic later became the state of Vermont.)

Work is completed on the Pentagon, headquarters of the U.S. Department of Defense.

The mutilated remains of Elizabeth Short, the 22-year-old aspiring actress now known as the "Black Dahlia," are found in a vacant Los Angeles lot.



Vince Lombardi's Green Bay Packers won Super Bowl I on this day in 1967.

The Green Bay Packers defeat the Kansas City Chiefs 35-10 in the first AFL-NFL World Championship Game, retroactively known as Super Bowl I.



People



Send me to Princeton and Yale, and I coulda been Sammy Alito. I coulda."

Crystal Owes Billy Ray \$110 For Busted Sofa, Rules Scalia

A majority of the Supreme Court's justices appeared to side against daytime TV judge ALEX FERRER, aka JUDGE ALEX, in a contract dispute with a former manager. Speaking to reporters afterward, Ferrer acknowledged that the justices turned up the heat on his lawyer during questioning. "Sometimes you get a cold bench, sometimes vou get a hot bench," he said. Despite his case's tough reception, Ferrer still thinks the high court should share his airwaves. "I always thought that courts should be open to the cameras, because they're open to the public," he said. (AP)



Drive-By Courting

BRITNEY SPEARS did arrive at her child-custody hearing Monday — but got right back in the car when the paparazzi closed in. "I'm scared; I want to get in the car. I'm going in the car," she said, according to People.com. The car eventually drove away. The hearing was to focus on Spears' Jan. 3 meltdown. (AP)

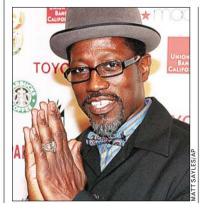
WHATEV Celebrity **Doping Fails** To Shatter

Fans' Hearts

A number of entertainers were named in connection with an Albany, N.Y.-based steroid investigation, but they're not part of an ongoing criminal probe. MARY J. BLIGE, 50 Cent, Timbaland, Wyclef Jean and Tyler Perry may

focusing on doctors, pharmacists and clinics that provide the drugs. While athletes use steroids and human growth hormone to get bigger,

faster and stronger, the drugs can also lure other people with their supposed anti-aging qualities. A spokeswoman for Blige denied the singer had taken illegal steroids. A spokesman for Perry declined to comment. (AP)



have received or used performance-

enhancing drugs. Investigators are

He's saving the REALLY diabolical look for the jury. They're gonna eat that up.

HIGH SCHOOL

Serious Trial Reduced to Craven Popularity Contest

Attorneys for **WESLEY SNIPES** ticked off more than 70 potential character witnesses as jury selection began Monday in the actor's tax fraud and conspiracy trial in Ocala, Fla. Muhammad Ali, Spike Lee, Tom Brokaw, Barbara Walters, Woody Harrelson and Sylvester Stallone were among the names mentioned. Jury selection was expected to conclude Monday, with opening arguments beginning Tuesday. (AP)

Are you at risk for Type 2 Diabetes?



Researchers at the NIH are trying to understand the way Type 2 Diabetes develops. The goal of this study is to look at white blood cells and see if they may contribute to diabetes.

You may be eligible to participate in this study if:

- · You are 21 through 60 years of age.
- · You are pre-diabetic or have Type 2 Diabetes.
- · You are not pregnant or breast feeding.
- · You are not taking insulin, Actos®, or Avandia®.

No cost for study-related tests. Compensation is provided. Study is conducted at the NIH Clinical Center in Bethesda, MD. Refer to study #08-H-0028.





Department of Health and Human Services National Institutes of Health National Heart, Lung, and Blood Institute

For more information please call: 1-800-411-1222

TTY: 1-866-411-1010 Se habla español www.clinicaltrials.gov

Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

All In One Facility Emergency Care Dental Check-Ups 1 block away from Foggy Bottom Metro Station Oral Surgery Periodontics

Cosmetic Dentistry

EVENING HOURS BY APPOINTMENT

Straight Teeth. No Braces FREE CONSULTATION
ON LUMINEERS BY
CERINATE

PREMIERE INVISALIGN PR
(top 5% Nationwide 20

Street Dental & **Orthodontic Group**

> Washington, DC 20037 Beside Whole Foods **301.977.9787**

Now that

there's a choice, which would you

choose?



Quality Pre-Owned Business Class Models!

WIRELESS TO ANY SYSTEM

PCS IBM NETVISTA P4 1.8GHZ 256MB 40GB DVD NIC XP & WIRELESS HP/CMQ 530S P4 2.6GHZ SFF

DELL GX270 SFF P4 2.8GHZ 512MB 40GB COMBO XP

IBM THINKCENTER \$299 512MB 40GB COMBO XP PRO & WIRELESS

\$199

\$229

\$449

LAPTOPS PENTIUM 3 LAPTOPS

700-850MHZ 256MB 20GB NIC

COMPAQ ARMADA E500..... 128MB 20GB CDRW 56K NIC 14.1TFT

IRM THINKPAD T40 CENTRINO XP PRO 1.5GHZ.. 512MB 40.0GB DVD 56K NIC

Alexandria **(703) 370-5440** Falls Church (703) 821-1400 Glen Burnie (410) 553-6840 • Beltsville (301) 931-6630



CROSSWORD | PLAY BALL

ACROSS

- 1 Ottoman poohhah
- 5 Wander
- 10 Steep, as tea
- 14 Deutschland song
- 15 Mealtime lure
- 16 Sari-clad royal
- _ of Court
- 18 Sportscaster's finale
- 20 California border
- 22 Pasta possibility
- 23 Choler
- 24 Bank deposits.
- mavbe
- 26 Circumvented 28 Two games for the
- price of one 33 TV's lifeblood
- 34 Austere
- 35 Opening-night
- stretches 39 High schooler
- 41 Precipitous
- 43 Niels Bohr, e.g.
- 44 Syrian president
- 46 Coral formation
- 48 It's cold,
- regardless of
- climate 49 It's typically a
- sellout
- 52 Nosegay contents,
- perhaps
- 55 "Bring on the weekend!
- 56 Undivided
- 57 Fourth in a series
- of twelve 61 Chambers of the

64 Squad captain,

- - - 73 Paper quantity

DOWN

- Lollobrigida
- 3 Places for
- 4 Gather on the

- 19 Party hearty

- 27 Parched
- muse

- 67 No picnic
- constellation 69 Foamy wave top

- (ballroom dance)
- 72 Josh

- 1 Landed, in a way
- 5 Wilt

- in a way
- "transit" or "fire"

- dishes
- 25 Court divisions
- 28 Figures in tables
- 29 Pindar poems
- 30 Joke responses
- 31 Clio's sister

14

39

44

68

- 68 Bear of a
- 70 Jane Austen title
- 71 Two-

- 2 Hollywood's
- poultry
- surface, chemically
- 6 Corner
- 7 Punic Wars victor 8 "May it be so"
- 9 Showed horedom
- 10 Bikini
- component 11 Word with
- 12 Make accustomed
- 13 Helped with the
- 21 Elvers

- 32 Ohio tire city 36 Desktop's big brother 37 Formerly
- 38 Prophet
- 40 Space explorer 42 Conspire
- 45 Transfer design
- 47 Lexus Cup grp. 50 Feature
- 51 This or that 52 Yoga position 53 Motionless 54 Tenement

arrangement 58 Very uncommon 59 Cerebral

- creation 60 Marked down 62 "
 - La Douce" 63 "Batman" actor West 65 Cartographer's

18

creation 66 66, for one (Abbr.)

Yesterday's Solution



© PUZZLES BY PAPPOCOM

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits I through 9. See www.sudoku.com for solution, tips and

computer program. Need more Suldoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

	,,,,,	uu	, , ,	,,,,	1110	••		
9	6	4	3	5	2	1	7	8
1	8	5	7	9	6	3	2	4
2	3	7	1	8	4	9	6	5
3	2	9	4	7	5		1	6
8	7	1	2	6	3	5		4.75
5	4	6	8	1	9	7	3	2
4	5	3	9			6	8	1
6	1	2	5	3	8	4	9	7
7	9	8	6		1	2	5	3

			3				7	
				2			8	
7	3	5	1					
					2	4		9
	2	6				4 5	3	
9		1	7					
					1	2	4	8
	8			6				
	7				3			

PUBLISHER-CHRISTOPHER MA | GENERAL MANAGER-ARNIE APPLEBAUM | EDITOR-DAN CACCAVARO | DEPUTY EDITOR-GREG BARBER ART DIRECTOR-SCOTT MCCARTHY | NEWS EDITOR-MATT SWENSON | ARTS EDITOR-ARION BERGER | FEATURES EDITOR-HOLLY MORRIS SECTION EDITORS—KATIE ABERBACH, JENNIFER BARGER, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT, IAN HERBERT, CHRIS PORTER

DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES | WEB EDITOR-MICHAEL GRASS | EDITORIAL DESIGN-MARCIA HARDER, SCOTT ROSENBERG COPY CHIEF— AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370. ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



The University For YOUR Future



Graduate Studies*, Business Administration, Computer Information Systems, Allied Health, Culinary Arts and Hospitality*, Online Programs

Tysons Corner Campus * Woodbridge Campus 1-800-444-0804 • www.stratford.edu

*Available at the Tysons Corner Campus only.

Approved by SCHEV

GW COLLEGE OF PROFESSIONAL STUDIES IN ASSOCIATION WITH THE GW LAW SCHOOL

PARALEGAL STUDIES

Be in demand.

Join one of the fastest growing, wellrespected professions in America and be valued and compensated for your expertise.

Receive powerful credentials.

Earn a Graduate Certificate in 8 months, or continue and transfer all 18 credits to a coveted 32-credit Master's Degree in about 15.

accredited, world renowned institution.

Attend convenient classes. Meet two evenings a week in downtown Washington, DC.

Receive actual graduate credits from an

Just need a course?

Gain college credit.

Take one or more of the elective courses in Government, IP, or International Law.



www.gwu.edu/gradinfo THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY

Information Sessions Thursday, Jan. 17

GW Marvin Center 800 21st Street, NW #413 Washington, DC 20052

6:30 pm

Tuesday, Jan. 22 12:30 pm

Media & Public Affairs Bldg. 805 21st Street, NW #303 Washington, DC 20052 Metro: Blue or Orange Line

to Foggy Bottom-GWU

www.nearyou.gwu.edu/plx

Bachelor's degree

Rsvp Today! 202.973.1130

required





Kids and the City

When it comes to family fun there's no better place than London, from dinosaurs to gorillas and everything in between, your vacation to London will be action packed and there are loads of ways to make your dollar go further. Londoners Linda, Luke and Libby give their tips for getting the most out of the city

I'm a mum with two kids under 10 and living in London is great for us, like most Londoners we try and get out and about as a family as much as possible.

We use public transport to get around the city; it's so easy to use, even with the children. They travel free which makes a huge difference to our budget.

London is really family friendly; with so many museums free to enter we can keep going back



again and again. The children love visiting the Natural History Museum, I think the dinosaurs really capture their imaginations! The Museum of Childhood in East London is also really good fun, there are great activities for children at the weekends and school vaca-

Occasionally, I take the kids to the IMAX cinema, watching their favourite films in 3D makes a trip to the cinema a really special treat.

When we're out and about it's really important to me that the kids eat well and in London that's no problem. With kids menus at lots of restaurants we're never short of choice. You'll often find the locals enjoying a relaxed family lunch on the South Bank.

My son has got so much energy - he loves exploring and looking for adventure in London. His favorite place to go is the Science Museum, I think he enjoys all the interactive games and learning about space and science. The Planetarium at the Royal Observatory in Greenwich is great too; it really makes you feel like you are travelling through space!

London is really family friendly; with so many museums free to enter we can keep going back again and again.

Next time we go to Greenwich, I've promised that we can go to the Ice Disco at the O_2 – it's open until March and because it's under cover it won't matter what the weather is like, that's where you'll find the locals perfecting their skating skills!

London Zoo is always a fun day out, my kids like the new Gorilla Kingdom and my wife is looking forward to the opening of the new Victorian birdhouse, you'll find lots of Londoners taking their "little monkeys" to meet the animals.

I'm a huge sports fan, I love football and I support Arsenal. There's a great tour of the sta-

dium you can take and meet all the locals and fans. I want to take the new Wembley Stadium tour too - I bet there will be some amazing games played there this year!

Libby I

My London is all about shopping - I go wild for the latest fashions and the high street is always a perfect place to start. for my14th birthday last week I went to Brent Cross which has loads of stores to choose from as well as some great places to stop for a bite to eat like Wagamama or YO! Sushi which are



really great value. mum takes me up to the West End, I love shopping on Oxford Street, there is a real buzz about area and it makes me feel very glamorous. As well as the high street shops and department

stores, there

are some reboutiques on nearby Carnaby Street, that's where you'll find Londoners catching up on the

latest trends.

Sometimes at the weekend my friends and I jump on the Underground to Camden. I think the whole area is so cool, you'll find all sorts there, it's a great place to people watch. The market at the weekend is fun to rummage around; you'll find some really unusual fashions as well as handmade jewellery and bags.

I love shopping on Oxford Street, there is a real buzz about the area.

For more recommendations visitlondon.com/golocal

When I need to get an outfit for a special occasion or party,

on how to make the most of your stay in London log on to

2 FREE NIGHTS IN LONDON WHEN YOU FLY THIS WINTER.

\$189 LONDON

Airfare is each way based on round-trip purchase from Washington D.C. or Baltimore. Taxes and fees extra

Offer ends Thursday, January 24, 2008. Plus, you'll receive \$20 off when you book at ba.com.





Note: If you book through a British Airways call center, you will be charged an additional \$20 per ticket for processing. All bookings must be made Jan. 15–24, 2008. Airfares shown are each way based on round-trip, 7-day advance purchase, non-refundable, select economy class midweek (Mon-Wed) fares, valid for outbound travel Jan. 22–Mar. 23, 2008 to London on British Airways only. Airfares may vary for other travel dates, from other US departure gateways & to other destinations. Weekend travel (Thu-Sun) has \$30 surcharge each way. Fares subject to gov't. approval & do not include gov't. fees/taxes ranging between \$165 plus a \$2.50 September 11th Security Fee. Min. stay Sat night/max. 11 months. Free hotel offer is for travel Jan. 22–May 31, 2008 and must be booked with round-trip transatlantic published British Airways airfare originating in the US only, during the promotional period. 2 free nights permitted based on double occupancy, 1 free night permitted based on single occupancy. Offer applies to new bookings only made Jan. 15–24, 2008. \$20 round-trip discount is applicable to ba.com registered customers after logging in. Subject to availability. Offer not combinable. Other significant restrictions apply. For full terms & conditions visit ba.com. ©2008 British Airways Plc.





Take a cue or two from DVD diva Kathy Smith E4

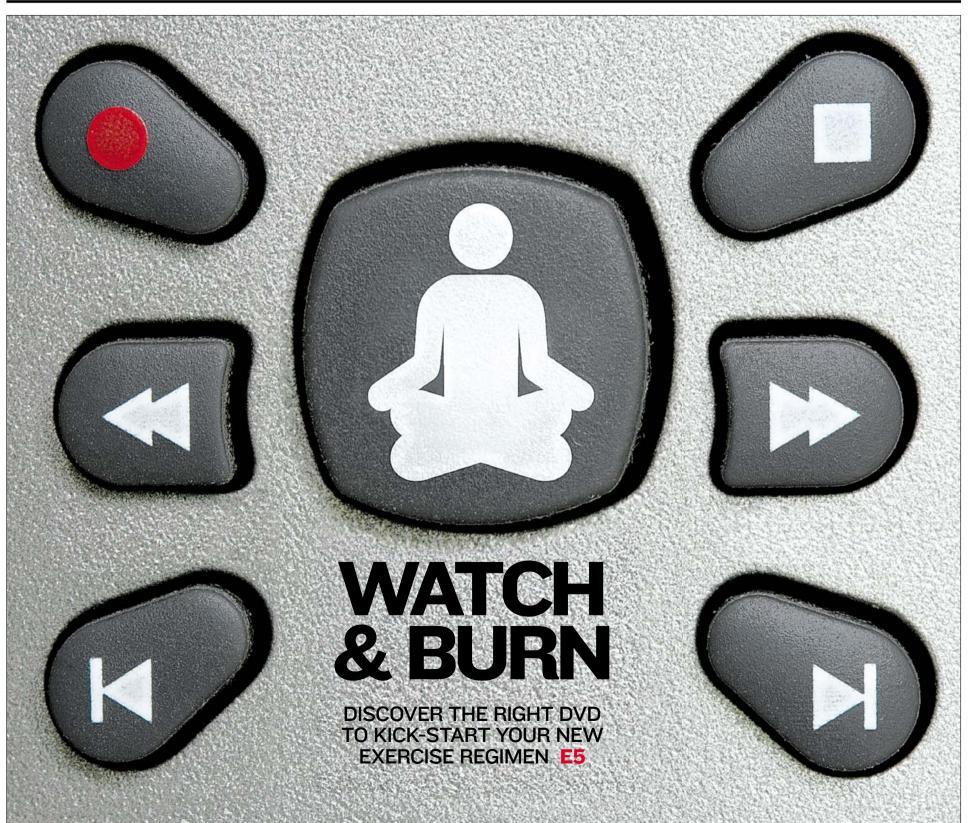




Find out how to get all the right moves today **E7**

express

READEXPRESS.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | JANUARY 15, 2008



BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Dealer? Then No Deal

I suspect that my boyfriend may be dealing drugs. He's not at all the type you'd expect. We've been together II months; he treats me wonderfully and has a good job. But certain things have become hard to ignore. He gets very brief phone calls, after which he usually has to go out for a while. He has some bags he always locks up or takes with him. Some weeks, out of nowhere, he seems to have lots of extra money, and some of his "friends of friends" seem shady. But I'm scared I'll offend him if I bring this up. - CONCERNED

Here's a simple test: Are any of his buddies named Pete Doherty?

Seriously, I imagine this is very stressful. It's disturbing enough to



"Yo, Franky Four Fingers! My old pal from Miami. Fancy meeting you here. That bag looks full. Need some help?"

wonder whether a mate holds secrets (like being a fan of Mr. Mister) but when the secrets involve criminal activity, the distress is magnified.

Your suspicions won't go away on their own, so it's time to bite the bullet and have the conversation. Don't accuse or make it seem as if you've been keeping a secret tally. Simply tell him that some of his behavior has you worried and you don't know what to think. If you can do this in an open, caring and patient manner, it's much more likely for him to

come clean, whether it's about your suspicions being correct or about whatever other explanation there might be for his darting around like a secret agent.

Once you've talked, if something still feels uneasy, then a different question gets raised: whether you can stay with someone who, no matter whose fault it is, you don't feel vou can trust.

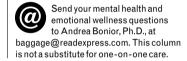
Anti-Cheating, But Pro-Friend

A now-former friend of mine recently told me she was committing adultery. I told her I did not support her choice and that we could continue to talk about other topics, but not her new "relationship." She said if I were her friend I should support her decision. When I wasn't willing, she walked away. The last time I checked, being a friend meant respecting your friends' decisions, but not checking your standards at the door. Right?

- JUST DOUBLE-CHECKING

Wow − can you imagine if your friend was into bank heists?

Your definition of what friendship means sounds a-OK to me, and not just because I'm feeling good after several hunks of turtle fudge. You can make it even simpler: Being a friend means wanting the best for someone. Last time I checked, the best does not involve acting like you belong on "General Hospital." Committing adultery is not good for anyone's well-being, so, arguably, you are being a better friend by making it clear you can't support her going down that path. And the part about not compromising your personal standards to condone something you don't believe in? Right on to that as well.



Meet the Seymours



SINCE THE SEYMOUR FAMILY DISCOVERED STERLING, THEY'VE NEVER SEEN BETTER

Complete \$ Pair of Eyeglasses

Eye Exam & Complete Pair of Prescription Eyeglasses

Contact Lens Package Includes Exam & 2 Boxes of

Disposable Contact Lenses

PAIR OR REPLACE YOUR FRAME UP TO 3 TIMES **FREE** WITH THE NO-FAULT WAR<u>RANTY. ASK FOR DETAILS.</u>



1900 M Street NW • Washington, DC (202) 728-1041

1747 Pennsylvania Avenue NW • Washington, DC (202) 466-2050

1-800-EYES-789 | We Accept Most Health Insurance Plans | We Welcome Federal Employees

Schedule your appointment online at STERLINGOPTICALONLINE.COM

IN OUR RUN/WALK AND LIFT PROGRAM For Men and Women Get Firm and Tight Core

GET THE WEIGHT OFF NOW!

"Morning, Afternoon, Evening Sessions" Special classes for 40+

Avoid those large crowded personal training Boot Camp Classes



GET TOTAL ATTENTION

in our small classes and get a "Super Personal Training Workout"

- · "Get real results in as little as 4 weeks"
- . "Lose Inches, pounds, and body fat"

Sign Up Online Now! www.gijanefit.net

GI JANE BOOTCAMP Open Mon-Sat 5 am - 8pm

426 8th St., SE, Eastern Market Metro • 202-547-7906

Refresh Restore & Revitalize Your Skin We Specialize in Male and Female Skin



consultation



Laser hair & vein removal Titan skin tightening Treatment of age spots & sun damage **Botox & facial fillers** Lipo-sculpting Genesis skin treatment

> Karen Lawson, MD 703-465-1916

klawsonmd.com **1 FREE PAINLESS** ASER RESURFACING TREATMENT

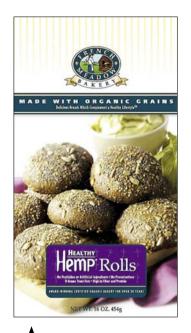
2 blocks from the Ballston Metro

Mr. MAGOO and associated character names, images and other indicia are trademarks of and copyrighted by UPA Productions of America, Inc. All rights reserved

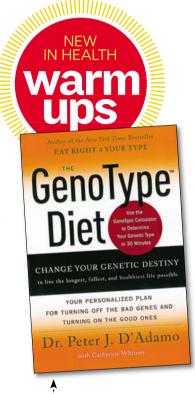
4001 9th Street North, Suite 216 • Arlington, Virginia 22203

Goods | fit











ROLL WITH IT

Just because you like hippie health food doesn't mean you have time to hang out in the kitchen like back in your co-op days. So, pop frozen Healthy Hemp Rolls (\$4.50, see Frenchmeadow.com for locations) in the oven for 10 minutes and you've got a crunchy ball of goodness stuffed with seeds (and Omega-3 and -6).

COMING CLEAN

Purell-ish goop might rub into your skin eventually, but CVS' Instant Hand Sanitizing Spray (\$1.80) absorbs immediately while knocking off 99.99 percent of germs. Plus, its pen shape means it already has a place to chill in your messenger bag.

REECE'S PIECES

Anything named "Express" piques our interest, and so we bring you Gabrielle Reece's Express 15 kits (\$30 each, Gotogabby.com). The idea is a lazy person's dream: 15-minute targeted workouts (core, cardio, etc.) with appropriate gadgets (stability balls, jump ropes).

MEAN GENES

Our fingerprint and the shape of our teeth can be the key to losing weight, explains Peter J. D'Adamo in "The Genotype Diet" (\$25, Broadway). Find which of the six you are through a series of diagnostics, then see the foods he says are super or sinful for you.

GUINEA PIG



Wonder Bar

■ New year's resolutions don't generally involve eating sweets, but then Endangered Species Chocolate debuted the Organic Health Collection (\$10, Chocolatebar.com, which includes Tree Frog, pictured). We reconsidered.

Each bar is 70 percent cocoa, which means it packs a heck of an antioxidant punch. They then one-up regular dark chocolate by adding ingredients like maca (a stress-relieving root), lucuma (a beta carotene-rich fruit) and acai (which is now, officially, the world's most-cliched super food).

The results look like other fancy chocolate bars. They taste like other fancy chocolate bars (with a particularly satisfying crunch and some slightly fruity notes). And at 420 calories (and up) per bar, they'll make you fat like other fancy chocolate bars. But the roots and berries do make you feel a little better about devouring the things, as does the fact that 10 percent of the company's profit goes toward helping the environment. VICKY HALLETT (EXPRESS)

Where technology meets tranquility

You Owe It To Yourself To Try Laser Dentistry. No Shot, No Drill, No Pain

Laser & Spa Dentistry, Power Bleaching, Invisalign & More

Experience Laser Dentistry
And Go From Fearful...to FEARLESS!

\$99 New Patient Special EXAMINATION, X-RAY AND CLEANING



DUPONT CIRCLE

Dr. Rex H. Hoang, DMD, PC

1325 18th Street, NW • Suite 203 Washington, DC 20036 **FOGGY BOTTOM**

Opening February 2008 **FREE CONSULTATION**

Call DC Dental Spa for an appointment today! **202.833.8724**

7 am - 9 pm

www.dcdentalspa.com

fit | Phys Ed

THE MISFITS

All-Star Stairs

I went to my "ladies" gym today and found it closed/ out of business. I joined three years ago and have done three days per week there. What can I do at home to strengthen my legs and upper body the way the machines used to do? I have a balance ball and a hula hoop, two flights of stairs and an easy neighborhood for walking. I'm 66 years old and in pretty good shape overall. I don't want to lose muscles that I worked hard to get, but I also don't want to join another gym. — GRACE

■ In the battle of man versus machine, Mark Toorock has no doubt that humans come out on top when it comes to creating more effective exercises. He's the owner of D.C.'s Primal Fitness, a place where beer kegs, rocks, sledgehammers and tractor tires serve as workout gear. So, he's all for your plan to ditch the traditional weight circuit for something more creative and, ultimately, more functional. In fact, Toorock needs only one of the goodies in your exercise arsenal to make that happen: your stairs.

Start by crawling up those flights, then walking down. Then, from the bottom of the stairs, step up to the first step with one foot, bring the other to meet it, and then step back down. Do it 25 times at a jogging pace, alternating feet. Want more? Amp it up to a jump. Finish off your legs with squats. For your upper body, sit on the floor with your back to the bottom stair, place your hands behind you so they're on the stair, and do some dips to get at your triceps. Then, turn around, and get in push-up position with your hands on a stair. In the same position, you can get at your core by holding a plank pose.

Those moves should keep you busy for a while, but remember that exercise is lurking everywhere. Just hoist heavy objects up whenever you encounter them, Toorock suggests. Dothatenough and by your 70th birthday, you might be ready for those beer kegs.

Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

Keeping Up With Kathy Smith

Exercise's wonder woman has tips on toning up in front of a TV set

Before there were aerobics, there was Kathy Smith. The exercise guru made her first videos in the 1980s and, although the field has transformed radically since those leotard-loving days, she continues to show off the clear instructions and approachable attitude that have been the trademarks of her career. We talked to her about choosing the right DVD workouts for yourself and her latest two discs.

How do you generate new ideas?

I listen to my audience. Everyone worries about their abs, and no one has enough time. That's where "Tummy Trimmers" came from. It's the kind of DVD I like, too. I'll go for a hike and then come home, and I want to do 10 minutes $\,$ of abs or do a 10-minute stretch. Over the years, you've had these different disciplines take on the core, and there's something valid about each one. But one works the obliques more; another is great for the back. The people with the best abs are ones who've borrowed from each discipline, and that's what you can do with these five workouts. "Peel off the Pounds Pilates" came out of this fantasy I have that I'm a dancer. I love "Dancing With the Stars," so I put Pilates into dance moves.

How can **DVD** newbies pick the right title for themselves?

Do a little personal analysis. What are you trying to accomplish? Do you see yourself as a cardio animal, or are you looking for something quiet and rejuvenating? The spectrum ranges from Richard Simmons to Rodney Yee. Which one is better is which one you'll do. You can read reviews online, and on some sites you can see clips. If you have Netflix, you can order as many as you want, and if there's one you love, you can buy it. And when you're shopping, look at the back of the DVD. If it doesn't explain what's in it, and what level it is, think twice.

Why do you think people have kept coming back to your DVDs?

I put the energy and effort in — I'm a research junkie. When I did my pregnancy and menopause DVDs, I got doctors involved. When I did a boxing DVD, I found a middleweight champion and went to his classes to train with him. If you could only see what goes into these productions. We not only want to make them cutting-

edge, but also really doable for the consumer at home. There are things you can do in a class because people ... are coming back every week and ... you're there to correct them.

We send these out to test groups to see if people can do them on their own.

How has the industry changed during your career?

When I first started, it took five days to shoot a video, so it was much more



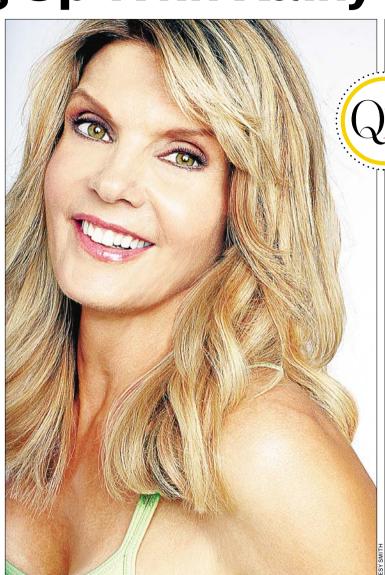
grueling. Now, it just takes a day. Also, back in the old days, it had to be perfection. Now, we can be more realistic, and I like it more that way. The best part for the consumer is that they've become modular, so you can customize your workout. And there's more variety for beginning, intermediate and advanced exercisers, although there's still room to grow in the beginner category. It's not just about how to exercise. It's how to keep them motivated, and that's an area I really want to focus on.

Any tips for DVD motivation?

Make it a no-gadget zone. It's too easy at home to pick up the phone. Create a little ritual with your mat and weights to make it convenient. What happens when you get to something on the DVD you can't do? Keep moving, substitute something else. If it's something you just don't want to do, give yourself an incentive. Tell yourself, "If I do everything on this tape for two weeks, I can buy myself something." I like a manicure as a perk for myself.

What's the appeal of a DVD to you?

It's about not having to think about what's next. It's the music, the energy. I'll cue you to go an inch farther, and you'll do it. But on your own, you'd work out for five minutes and be done instead of going for 25. Even me, I know the exercises, but watching a DVD pushes me further. VICKY HALLETT (EXPRESS)



MIXED MEDIA



'Peel off the Pounds Pilates' (\$15)

■ Pilates traditionalists might not know what to make of a mambo dance sequence that focuses on the "powerhouse" (aka the core), but Kathy Smith's 20-minute fat-burning segment creatively blends aerobics with tummy-targeted moves. It's a fun way to get a jolt of cardio before she segues into more standard stuff in two intensive 10-minute workouts, divided between upper-body and core, and lower-body and core. Also new is Smith's "Tummy Trimmers" (\$15), which boasts five 10-minute workouts: Standing Abs, Core Abs, Boot Camp Abs, Stability Ball Abs and Pilates Mat Abs. Variety will protect your brain (and body) from boredom. v.h.

Phys Ed | fit



Denise Austin: Burn Fat Fast Cardio Blast

CONCEPT: Local DVD diva Denise
Austin proves her energy has no
bounds in this high-intensity workout, conveniently divided into four
10-minute segments. She hops
among kickboxing, drills, cardio
dance and retro aerobics. SAMPLE
MOVE: Archery transforms into aerobics when you step a foot back into

a transverse lunge, take the arm on the same side and pull it back while extending the other arm straight ahead as though aiming for a target with a bow and arrow. Now, switch sides. Repeat quickly. **FAN BASE:** Legwarmer lovers will appreciate the shot of nostalgia (grapevines and ponies!). Frequent travelers will be pleased; no equipment means this one is ready to roam.



The Biggest Loser: Power Sculpt

concept: Chunky contestants from the reality show join the trainer trio — Jillian, Kim and Bob (!) — for a series of strength building sessions. Novices start with sculpt level 1 and then gradually build up to the tougher level 2 and 3 workouts. SAMPLE MOVE: Hold a squat for 30 seconds. Go lower. Now, start

bouncing while staying in position. Ouch. **FAN BASE:** No need to have tuned in before to want to follow in the footsteps of this inspiring gang, who really seem to struggle with the moves. With its 50-50 split of guys and gals, it's also one of the few DVDs that's legitimately dude-friendly.

Time to Snag Thee a DVD!

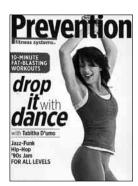
That well-intentioned scheme to go to the gym every day? It hasn't survived into the third week of January. So, it's time to go to plan B: Pick up a DVD. You don't need to worry about braving the cold, naked people in icky locker rooms or anyone seeing your flab jiggle. Oh! Did you see that? Those were your excuses just jumping out the window. Pick a title and let's get sweaty. V.H.



Star Trainers: Strength

concept: Five ExerciseTV trainers and five 20-minute (ish) routines dedicated to toning you up means you can work it in a new way Monday through Friday. SAMPLE MOVE: Holding a weight in each hand with arms extended in front of you, hinge at the waist. On the way down toward the ground, do a back leg lift. FAN BASE: Beginner modifi-

cations abound, but buffness buffs can definitely get whatever level of soreness they crave. Bargain shoppers and anyone with exercise ADD will also dig the fact that they're getting 118 minutes of stuff to do — as long as they can stomach all of the Propel Fitness Water product placements.



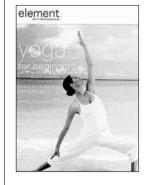
Prevention: Drop It With Dance

concept: A little choreography can make movement feel like less of a chore and more like a night on the dance floor. This gets you grooving to three combinations — jazz-funk, hip-hop and '90s jam.

SAMPLE MOVE: "Tap and booty" by extending one foot to the front and just hitting the floor with your toe.

Bring it back. Step the other foot to

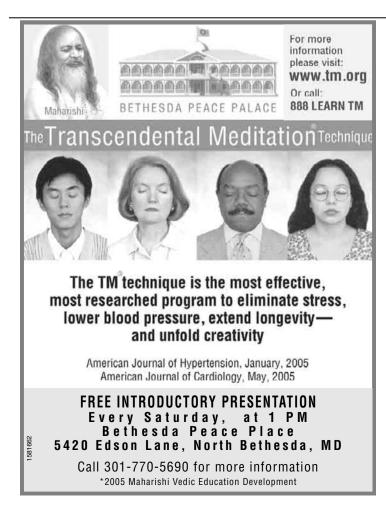
the side, do a hip circle and then twist your torso one way, then the other. **FAN BASE:** Anyone who prefers the "Running Man" to actual running can boogie down. And as long as you're willing to perform steps with names like "Robocop" and "Farmer John," they're doable for virtually everyone.



Element: Yoga For Beginners

CONCEPT: Instructor to the stars
Elena Brower hangs out in a verdant
garden to ease viewers through a
50-minute basic practice. You'll do
sun salutations, backbends and a
whole lot of downward-facing dog,
while thinking obsessively about
your breath. SAMPLE MOVE: Locust
pose begins by lying flat on your
belly and interlacing your fingers

with your hands resting near your rear. Then, gently lift both your arms and upper body. **FAN BASE:** Stressed-out souls and folks hoping for more flexibility will hit the jackpot with this one. Just don't expect to get your heart rate pumping.





SHED unwanted Holiday Pounds NOW & Take Advantage of our NEW YEAR MEMBERSHIP RATE

- ★ Free personal instruction
- State of the art equipment
- Free Spinning & Aerobics classes including yoga, pilates & Zumba
- ▼ 17 convenient locations
- ♣ Open Early & Late 7days a Week



SIGN ME UP FOR
THE SPECIAL
MEMBERSHIP RATE

\$33

monthly rate
Some restrictions may apply.
Valid at DC location.

FITNESS (F) FIRST

877-465-1053

1075 19th Street, NW (19th & L)

Washington, DO

www.fitnessfirst.cc

fit | Phys Ed

Following in Jared's Footsteps

The Subway guy wants employers to encourage workers to walk

When people think of Jared Fogle, two things come to mind: Subway sandwiches and those massive pants he once wore. But Fogle's 250-pound weight loss was not just the work of mayo-free turkey subs and diet soda. The other half of the equation was pounding the pavement.

"Walking can do wonders for you. When I was at my heaviest, I would be out of breath if I even walked just a block. Now, it feels good to get the heart rate up, get to a fast pace and sweat a bit," notes the unlikely celebrity Subway spokesman, who's now been svelte for nearly a decade.

So, leading a quarter-mile trek on Capitol Hill Friday wasn't much of a workout for Fogle, but it was a start — or a Start!, the name of the American Heart Association program devoted to convincing



 $Jared\ Fogle, the\ bespectacled\ fellow\ at\ center, walks\ the\ walk\ while\ flanked\ by\ D.C.\ executives\ who\ are\ aiming\ to\ be\ fitter.$

companies to develop cultures of physical activity. He was joined by several local CEOs as part of an event promoting the association's "Fit-Friendly" certification, given to employers who are stepping up by creating walking clubs, emptying vending machines of junk and generally encouraging healthy choices among employees.

"Turn your work forces into walk forces," urged Tom Grote, Maryland-based senior vice president of Aetna, before the executives took to the sidewalk. The lacrosse-playing boss bragged that 17,000 Aetna employees took part in a team challenge in 2007, logging enough miles to circle the equator 120 times. His tip for companies looking to follow their lead: Go for groups: "Peer pres-

sure. It's effective."

Also on hand was John Catoe, general manager of the Washington Metropolitan Area Transit Authority, who vowed to encourage Metro employees to join walking clubs and to use ad space to spread the word both internally and externally about the benefits of walking.

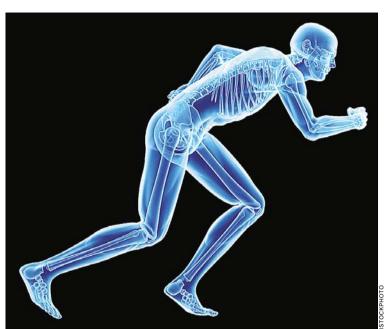
And Metro, he points out, makes it easy for riders to fit in extra activity — hop off a stop early, take the stairs (or a broken escalator), or walk back and forth along the platform while waiting for a train. ("I pace it anyway, but not for the exercise," he admits.)

Most of the suits scooted off as soon as the camera crew wrapped, but Tom Graham, president of Pepco, kept pace with Fogle for the full march. Walking more, after all, is his business-savvy new year's resolution. "You're making a 30-minute commitment a day to save years of your life. It's hardly an investment at all," he explains.

As for Fogle, resolutions don't weigh on his mind anymore. "I try to do the right thing throughout the year and stay on top of it. The fun thing is to be lazy, but I worked too hard to get that weight off in the first place to gain it back," he says.



Phys Ed | fit



The movement analysis at Sport & Health isn't nearly this high-tech, but it is cool.

Are You Busting A Move?

The greeting-card industry has dominated the invention of holidays for far too long. A rival was bound to arise. And who better to muscle Hallmark out of the way than a gym?

Local fitness chain Sport & Health has declared today, Jan. 15, National Resolution Day. Celebrating requires no gifts, no new outfits — not even a party. Just head to any location (see Sportandhealth.com to find one) for access to equipment and classes, one-on-one time with a trainer, a nutrition report card that rates your daily meal plans, and a movement analysis.

The latter is something every new client at Sport & Health clubs has been offered for the past year as part of an initiative by Mitch Badkin, the company's senior vice president of fitness. At other gyms, "the typical approach is to take you to resistance equipment and just say, 'You look like you could handle 50 pounds.' And then as you're pulling and pushing, they're trying to correct your form. Instead, let me watch you move before I ask you to push or pull 50 pounds," he explains.

Watching you move can be as simple as looking on while you take

10 steps. In seconds, he or one of his trainers can tell whether your hips are tilted, you favor one leg, or turn your feet out when you walk.

For more information, you might be given the overhead squat test, based on research from the National Academy of Sports Medicine. Just lift your hands overhead and grip a bar with your arms shoulder-width apart, then squat. It's an easy way to gauge the strength and flexibility of feet, ankles, knees, hips, shoulders and neck.

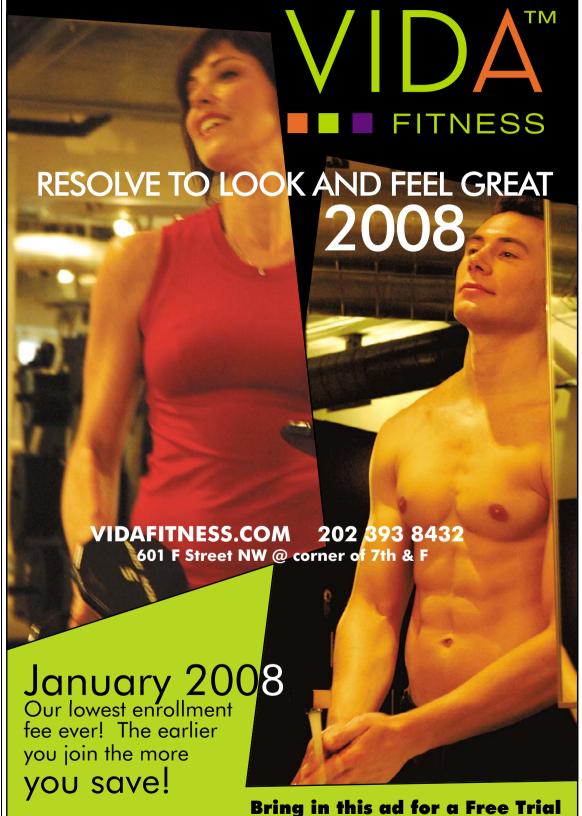
Can't make it down all that far without hinging at the hips? It's a sign your calves could use a good stretch. Does your belly want to protrude? Your hip flexors might be tight from too many hours in front of a computer screen.

The process can help pinpoint causes of pain and discomfort, sometimes in unexpected ways, Badkin adds. A chronic headache, for example, could begin with a slightly turned-in knee that starts a domino effect up the spine whenever you take a step. "We want to help you do whatever you do — play with your kids, run — do it better and with less chance of injury," he says.

When the trainer is done with you, probably in 10 minutes or less, you'll leave with some ideas of exercises to correct your problems, like single-leg squats and foam roller stretches, and maybe a resolution you didn't know you had, like building stronger back muscles. And that might be a better present than anything you hauled in during December. VICKY HALLETT (EXPRESS)







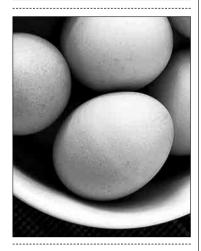
UPDATE YOUR LOOK FOR 2008
SPECIAL DISCOUNT FOR NEW CLIENTS
BRING IN THIS AD FOR 15% OFF



612 U STREET NW, 202 299 0925 & 601 F STREET NW, 202 737 2264

fit | Nutrition

CHEWONTHIS



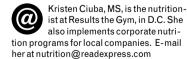
Be a Protein Pro

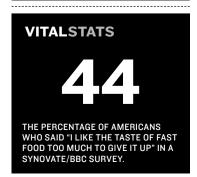


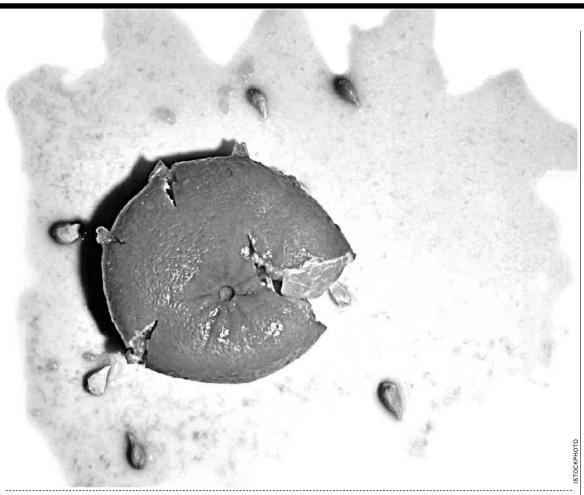
Can eating more protein help me build muscle and trim fat?

■ Protein is essential to many functions of the body, including building muscle, but more is not always better. The best way to build muscle and trim fat from your body is to eat a healthful balance of proteins, fats and carbohydrates that will meet your caloric needs. This is because excess calories, no matter the source, can mean extra body fat. (Of course, strength training and fat-blasting cardiovascular workouts are crucial to success, too!) Find out how many calories you need per day at Mypyramid.gov.

Perhaps more important than the total amount of protein you eat is the quality you choose. Try vegetable sources such as beans, nuts and whole grains, and be sure to choose animal-based proteins that are low in saturated fat, such as very lean cuts of beef, 99 percent fat-free ground turkey, fish and nonfat yogurt and milk.







Wish Not to Squish?

Here are 5 real fruit options that won't explode all over your bag

Fruit may be nature's candy — but its packaging needs a lot of work. From tough kiwis to tender blueberries, the goods seldom survive the thrashing they take inside the average handbag. Even fruit cradled in a bowl can within days look as if it ran afoul of Naomi Campbell. No wonder we have a hard time getting our nutritionist-recommended five servings per day. The solution: a new food genre we like to call "fruit goo." While the real thing is always better, the following products deliver a pure, tasty fruit alternative without a lot of added sugar or chemicals.

Cherry on Top

→ BROWNWOOD ACRES FRUIT-FAST LIQUID CHERRYFLEX

Brownwood Acres sucked the natural sugars and water out of cherries to create this syrupy extract. Each teaspoon contains 100 milligrams of anthocyanins, the antioxidants that

give cherries their anti-inflammatory and heart-healthy credentials (you'd need to eat about 80 cherries to get that much). As expected, the tartness will suck your cheeks together, but wait for the surprising sweet-as-honey aftertaste. Add it to oatmeal, smoothies, tea, or (our favorite) as a vanilla or chocolate fro-yo topper. (\$20 for 10 ounces, Fruitfast.com)

Not Sour Grapes

→ FRUITABÜ ORGANIC SMOOOSHED GRAPE FRUIT FLATS

These paper-thin 40-calorie strips taste and feel like the Fruit Roll-Ups Mom tucked inside your lunch box, except they're made with only two ingredients: organic grape and apple pureé concentrates — not corn syrup and red dye No. 40. One strip is half a serving of fruit. (\$18.50 for 40, Fruitabu.com)

Blueberry Thrills

→ FRUNOLA BLUEBERRY HIGH-FIBER FRUIT BAR

Most goo-like products lose the fiber during processing, but not this baby — it packs 7 grams in just one 150-calorie package. It looks and

tastes like a sticky fruitcake shaped into a candy bar. We liked the natural blueberry taste — and the fact that it snagged us two full fruit servings. (\$35 for 18, Kettlevalley.net)

Dried but Delish

→ NUTRI-FRUIT IOO PERCENT FREEZE-DRIED BLACK RASPBERRY

Berries are like "Grey's Anatomy" episodes: deliciously juicy one week, bland the next. Now you can find the fruit in always perfect form. Freeze-drying stops antioxidant breakdown, so you're getting the biggest dose of blackberry goodness possible. Add a tablespoon (equal to 1/3 cup of berries) to plain yogurt or oatmeal for a subtle berry kick. (\$25 per 5 oz. can, Nutrifruit.com)

Convenient Kiwis

→ E4B KIWI 100 PERCENT FRUIT PUREÉ Kiwis are little vitamin bombs, but they're a pain to peel. So e4b mashed them and put them in a super-convenient pouch that you can toss around without fear of spillage. Twist off the top and squeeze the smoothielike mixture into your mouth — you'll get the



NEW WHIRLED ORDER

Trendy smoothie ingredients come and go faster than "American Idol" contestants. We found out what belongs in your blender.

FRUIT: Pomegranates are "one of the mac daddies of fruits," says nutritionist Oz Garcia, who works with Hilary Swank. "They lower blood pressure and reduce oxidative damage to skin," he says. But for post-workout smoothies, go cherry. A recent study reported that the antioxidant anthocyanin in CherryPharm All-Natural Tart Cherry Juice (\$20 for eight 8-oz. bottles, Cherrypharm.com) calms muscle inflammation.

BASE: The winner is kefir, a creamy drinkable yogurt. Rich in calcium and protein, it's also crammed with probiotics, those live, active cultures that calm your stomach. L.A.-based celeb trainer Garrett Warren swears by Lifeway Low-Fat Pomegranate Kefir. (\$6 per fourpack, Planetorganics.com)

GOOD FAT: Açai, the purple fruit from the Brazilian Amazon, tastes like a combination of berries and cocoa. It contains essential fatty acids like omega-6, a proven brain booster. Studies indicate extract of açai may also protect against cancer cells. Try Sambazon Organic Frozen Açai Smoothie Packs. (\$5 per four-pack) (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

tangy taste of kiwi with hints of banana and apple. Half a bag equals one fruit serving and has 25 percent of your daily value of vitamin C, says Barbara Klein, professor of food science and human nutrition at the University of Illinois at Urbana-Champaign. (\$30 for 10, E4b.com) (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)

Nutrition | **fit**

EATINGIN

Eggplant Parm

INGREDIENTS: 2 eggplants; 3 egg whites; 3 tbsp. water; 1 cup bread crumbs; 1/2 cup grated Parmesan cheese; 1/2 tsp salt; 1/2 tsp. black pepper; 2 1/2 cups marinara sauce; 1/3 cup slivered basil leaves; 1/4 tsp. red pepper flakes; 1 cup grated part-skim mozzarella cheese

PREHEAT OVEN TO 375 F. Lightly oil two large baking sheets and a 7-by-11-inch baking dish. Set aside. Slice the eggplants crosswise into 1/2-inch-thick slices. Set aside. In a bowl, whisk the egg whites and water until frothy. Set aside. In a shallow dish, combine the bread crumbs, 1/4 cup Parmesan, salt and pepper. One at a time, dip the eggplant slices into the egg white mixture, then coat with the bread crumbs. Arrange the slices in a single layer on the baking sheets. Bake for 20 minutes. Meanwhile, in a bowl, combine the mari-

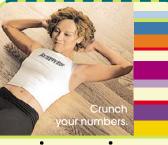


291 calories, 13 g protein, 38 g carbs, II g fat (4 g sat), I4 mg cholesterol, 862 mg sodium, 4 g fiber

nara, basil and red pepper flakes. Spread 1/2 cup of the sauce over the bottom of the baking dish. When the eggplant is done, arrange half of the slices over the sauce. Spoon 1 cup sauce over the eggplant, then top with 1/2 cup of the mozzarella. Arrange the rest of the eggplant on top, then top with the remaining sauce, mozzarella and Parmesan, Bake until browned, 25 to 30 minutes.

TIME: 85 MINUTES; SERVES: 6

800.301.1231 • MySportsClubs.com



jazzercise

Classes Monday Through Thursday at 5:45 pm Department of Health and Human Services (HHS),

200 Independence Ave., SW. block from Federal Center, SW Metro), 2nd floor gyn 301-215-7797 or jazzhhs@verizon.net

*With EFT Sign-up. Offer Expires 1/31/08



He'd love to snap up your 35mm camera.

Sell your stuff in Express. Place your Classified ad today. 202-334-6200.

express

www.readexpress.com Classified ads appear in Express and The Washington Post.

filled practice parties

trained professional dance teachers.

Attend daily/weekly group lessons and fun-

A great way to socallize, exercise and meet new friends.

Couples and Singles Invited

Alex/Landmark Tysons Corner Bethesda 703-751-4336 703-556-0088 301-657-2700 Gaithersburg 301-590-0387 Columbia

Arthur / Murray/ 410-772-7880 Ashburn Now Open

703-729-705 www.arthurmurraydc.com

CLEAR SKIN IOI

Rapid and precise, non-invasive treatment, delivering instantaneous (3-5 second) proven results. With a state-of-the-art, revolutionary technology in the treatment of minor skin irregularities. Affordable & time saving treatment.

- **Remove:**
- White heads (Milia) Black heads (comedones)
- Clogged pores
- Fibromas (Pigmented epidermal growth)
- Cholesterol deposits

- Skin tags
 - Broken capillaries

Razor bumps

Ingrown hair

Acne (nimples)

www.emcbeautyclinic.com



EMC BEAUTY CLINIC DuPont Medical Building 1234 19th Street NW #600 Washington, D.C. 20036 (202) 234-3531

Express delivers.

Advertise in Express.
Call 202-334-4532

express





You Can Have Healthy Teeth and Gums that Last a Lifetime!

Dr. Minovi will answer all your questions about the health of your teeth and gums.

Dr. Minovi is a gentle, knowledgeable dentist who will take time to explain your treatment. Our friendly staff will care for you in our comfortable office.

Call Today!

NEW PATIENT OFFER

70
OFF ANY TREATMENT
(Valid for new patient colu)

DrLizaMinovi.com (202) 822-8777

Dr. Liza Minovi 1234 19th St., NW, Suite 400, Washington, DC 20036



WeekendPass makes the weekend rock.

Every Thursday in Express.



fit Phys Ed

10 | EXPRESS FIT | 01.15.2008 | TUESDAY

Handy Dandy

Keep your paws shakeable and soft with new high-tech creams

Ban Ravs

To shield skin from age-accelerating UV rays, you could wear gloves all the time — or glove your hands in SPF with Barielle Ultra Soft Hand Créme (\$20 for 6 ounces, Drugstore.com) or Boscia Daily Hand Revival Therapy SPF 15 (\$16 for 2.8 ounces, Boscia.net). They deflect sun while treating irritation and inflammation with botanical extracts.

Work On It

Combat dry office air and moisturesapping paper shuffling with 9-to-



5 hydration that won't leave your phone and keyboard greasy. Our faves: Jo Malone Vitamin E Nourishing Hand Treatment (\$40 for 3.4 ounces, Jomalone.com) and Neutrogena Norwegian Formula Fast Absorbing Hand Cream (\$6 for 3 ounces, Drugstore.com).

Zap Existing Sun Spots

Twice per week, buff rough skin; it will help skin brighteners penetrate better. The Lippmann Collection Helping Hand Mandarin Hand Scrub System (\$42, Lippmanncollection.com) exfoliates with salt and aluminum oxide crystals. And every day, apply OPI Rejuvenating Serum (\$24 for 0.85 ounce; Opi.com has a list of local retailers), a creamy cocktail of lightening licorice extract and antioxidants.

Soften While Sleeping

A rich treat before bed doesn't have to be a diet hazard. Chapped? The beeswax-based Honest to Goodness Hand Salve (\$10 for 1.8 ounces, Noahsnaturals.com) coats hands with intense moisture. The antioxidants in Collective Wellbeing Hand Cream (\$11 for 3.5 ounces, Collectivewellbeing.com) prevent the breakdown of collagen, fibers that keep skin firm. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC)



Lose the Weight ...the RIGHT Way!

- Lose Weight Fast GUARANTEED!
- Eat Your Own Real Food
- Feel Healthy and Young Again

Our medical staff frees you from making decisions. We evaluate your blood markers, hormone levels and metabolism, then deliver modern medicine's best solutions, including:

- Latest FDA-approved diet medications Lipotropic-B12 injections
 - Permanent LipoDissolve Fat Elimination

MyWeightDoctor

Customized Weight Loss. Permanent Results.

301.637.6325

Go to: MyWeightDoctor.com to Learn More!

Wellness | fit

Doc, Is This Test Necessary?

Give your doctor this quick quiz during your next appointment

Next time you're perched on an examination table wearing nothing but a flimsy piece of paper, be sure to get your doctor to answer these five questions.

Do I really need this test?

"Doctors often adhere to a better-safe-than-sorry philosophy, ordering tests just to protect themselves in the event of a lawsuit," says David Sandmire, MD, coauthor of "Medical Tests That Can Save Your Life." A full 16 percent of prostate-cancer screenings, for example, are unnecessary, say Harvard researchers. Since 80 percent of PSA results are false positives, thousands of men undergo needless biopsies each year. Another overused procedure: CT scans. The radiation from these tests causes an estimated 5,695

She'd look great in your old Beetle.

cancer cases per year, say British researchers.

Where would you send your spouse or children? Like our tax code and the judicial system, medicine is supposed to treat everyone equally, but it's clear that some people receive better treatment than others. "General practitioners who work within a particular system routinely refer patients to specialists within that health care system," says Kevin Soden, MD, co-author of "Special Treatment: How to Get the Same High-Quality Health Care Your Doctor Gets." "However, oftentimes the best surgeon is in a completely different facility on the other side of town, and you can bet that's where your doctor would send his family."

How many surgeries do you perform each year?
Nowhere is the saying "practice makes perfect" more applicable than in the operating room. Urologists who perform more than



40 prostatectomies per year, for example, experience 50 percent fewer complications than those who perform fewer than 40. The same goes for hospitals performing more than 200 coronary bypass surgeries per year, according to a report in the journal Circulation.

Bottom line: Your health hinges on your surgeon's experience.

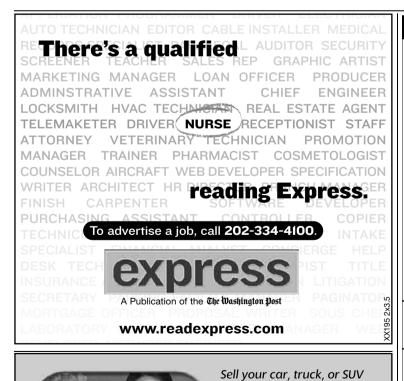
Can I schedule my surgery for the morning?

Arrive early and you'll get the undivided attention of an alert medical staff. A recent study of 90,000 surgeries by researchers at Duke University found that patients who had operations in the morning were four times less likely to have anesthesia complications — nausea, post-op pain, fluctuating blood pressure — than those who had them in the afternoon.

If I get sick, will you see me in the hospital?

In the past 10 years, the number of hospitalists (a new breed of physicians who specialize in inpatient care) has grown from a few hundred to nearly 20,000. "So, if you require hospitalization, odds are your primary-care physician won't be at your bedside," says Evan Scott Levine, MD, author of "What Your Doctor Won't (or Can't) Tell You." "You'll be dealing with a new doctor who doesn't know you." Make sure your GP makes hospital calls.

TREVOR THIEME (REPRINTED WITH PERMISSION BEST LIFE MAGAZINE © RODALE INC.)



Classified ads appear in Express and The Washington Post.

in Express.

Place your Classified ad

www.readexpress.com

today. 202-334-6200.



Want Beautiful Legs?

The Vein Clinic Of Washington is proud to offer:

- ☐ The EndoVenous Laser Treatment
- ☐ The VNUS® Closure Procedure
- Phlebectomy
- ☐ Scelerotherapy

Samir Neimat, MD

Board Certified Specialist in Cardiovascular Surgery The Washingtonian "Top Doctor" since 1991

Let our team of highly skilled, dedicated professionals take care of your veins



THE VEIN CLINIC OF WASHINGTON

301.270.VEIN (8346) • www.veinclinicofwashington.com 5454 Wisconsin Avenue, Suite 1040 • Chevy Chase, Maryland 20815